

July 2026 - DALLAS AREA SENIORS CALENDAR OF ACTIVITIES

HOURS: 10AM – 3PM MONDAY - FRIDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg 11AM Blood Pressure Chk 12:30PM Wii Bowling 2PM Ice Cream Social	2 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM Bridge	3 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 12PM Watch Clinic 1PM 10 Minute Writing	4 Happy 250th Birthday America
5	6 10AM Cards/Table Games 10AM 5 Crowns Game 12PM Bridge 4PM Karaoke	7 10AM Cards/Table Games 10:15AM Low Impact Exercise 11AM Scrabble 11AM Medicare Information 11:10AM Low Impact Exercise	8 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg 12:30PM Wii Bowling	9 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 11:30AM Lunch Bunch 12PM Bridge	10 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 1PM 10 Minute Writing 3PM Board of Directors 5PM Bingo Dinner 6PM Bingo	11 11:00AM DAS General Meeting & Potluck
12	13 10AM Cards/Table Games 10AM 5 Crowns Game 3PM Movie Matinee	14 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 1PM Bunko 1:30PM Metabolic Reset	15 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg 12:30PM Wii Bowling	16 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM Bridge	17 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 1PM 10 Minute Writing	18
19	20 10AM Cards/Table Games 10AM 5 Crowns Game 12PM Bridge 4PM Karaoke	21 10AM Cards/Table Games 10:15AM Low Impact Exercise 11AM Scrabble 11:10AM Low Impact Exercise	22 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg 12:30PM Wii Bowling 1PM Birthday Party	23 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM Bridge Deadline For Calendar and Newsletter	24 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 1PM 10 Minute Writing 5PM Bingo Dinner 6PM Bingo	25
26	27 10AM Cards/Table Games 10AM 5 Crowns Game	28 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 1PM Bunko	29 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg 12:30PM Wii Bowling	30 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM Bridge	31 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 1PM 10 Minute Writing	