## July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Sit-down hot lunch @ Noon on Mondays, \$5 suggested donation. Register by prior Thursday.	FREE Vaccination Clinics Thursday July 7 Tuesday July 19 Noon - 4:00	As of July 1st, masks are *optional* but encouraged. Please be respectful of each person's choice.	10-11 Free Grocenes 30 10:00 Yoga with Jill 10:30 Coffee/Conv. 11:30 Cribbage 1:00 Bone Builders 1:00 Bridge	1 10:00 Novice T'ai Chi 11:00 <u>NO</u> Advanced T'ai Chi
Independence Day HCSC closed	9:45 Balance class 12:30 Bingo 1:00 Bone Builders	11-12 Age Well Meal Tix 11-12 Grab n Go pick-up 9:55 Yoga workout 11:05 Advanced T'ai Chi 12:30 Bingo 1:00 Line Dancing	10-11 Free Groceries 7 10:00 Yoga with Jill 10:30 Coffee/Conv. 11:30 Cribbage 1:00 Bone Builders 1:00 Bridge	8 10:00 Novice T'ai Chi 11:00 Advanced T'ai Chi
11 10:00 Novice T'ai Chi 10:00 Flower Arranging 12:00 Hot Lunch 12:30 Adult Coloring 12:30 Mahjongg	9:45 Balance class 12:30 Bingo 1:00 Bone Builders	13 11-12 Grab n Go pick-up 9:55 Yoga workout 11:05 Advanced T'ai Chi 12:30 Bingo 1:00 Line Dancing	10-11 Free Groceries 14 10:00 Yoga with Jill 10:30 Coffee/Conv. 11:30 Cribbage 1:00 Bone Builders 1:00 Bridge	15 10:00 Novice T'ai Chi 11:00 Advanced T'ai Chi
10:00 Novice T'ai Chi 18 10:00 Flower Arranging 12:00 Hot Lunch 12:30 Adult Coloring 12:30 Mahjongg 1:00 ART w/CAMIELLE	9:45 Balance class 12:30 Bingo 1:00 Bone Builders	20 11-12 Grab n Go pick-up 9:55 Yoga workout 11:05 Advanced T'ai Chi 12:30 Bingo 1:00 Line Dancing	10-11 Free Groceries 21 10:00 Yoga with Jill 10:30 Coffee/Conv. 11:30 Cribbage 1:00 Bone Builders 1:00 Bridge	22 10:00 Novice T'ai Chi 11:00 Advanced T'ai Chi
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