



July 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9am Exercise	2	3 9am Exercise	4 9am Men's Group July 4th Social (details below)
5	6 9am Exercise 1pm Rummikub 6:30pm Cardio Drumming	7 9am Exercise 12:30 Mahjong	8 9am Exercise	9 6:30pm Bunco	10 9am Exercise 10am line dancing	11 9am Men's Group
12	13 9am Exercise 1pm Rummikub 6:30pm Cardio Drumming	14 9am Exercise 12:30 Mahjong	15 9am Exercise	16 Cancelled COA Mtg. 11am	17 9am Exercise 10am line dancing	18 9am Men's Group
19	20 9am Exercise 1pm Rummikub 6:30pm Cardio Drumming	21 9am Exercise 12:30 Mahjong	22 9am Exercise	23	24 9am Exercise 10am line dancing	25 9am Men's Group
26	27 9am Exercise 1pm Rummikub 6:30pm Cardio Drumming	28 9am Exercise 12:30 Mahjong	29 9am Exercise	30	31 9am Exercise 10am line dancing	

Schedule Change

Water Aerobics will now be held at 10am from Monday through Thursday.

July 4th Cookout

Social Hour: 1-2pm Dinner: 2-3pm Games and dancing 3-4pm
Menu: Hamburgers Hot Dogs, Potato Salad, Baked Beans and Trimmings
 Dessert: Apple and Cherry Pie and 4th of July Celebration Cake

♪♪ **Music by Gail** ♪♪

BYOB water, lemonade. sweet tea

50/50

Members \$12 Nonmembers \$15

RSVP by July 1st to Ellen Merkow at 8301 Annwood Road