

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>8:00 am Scrapbooking 8:30 am Exercise Plus 50 8:30 am Yoga with Amanda 9:00 am Mah Jong 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Tai Chi (Advanced) 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tap 11:30 am-12:30 pm Lunch 12:30 pm Movie "The Caddy" 12:30 pm ACBL Duplicate Bridge Game 1:00 pm Jazz Dancercise 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p>	<p>2</p> <p>3:00 pm Cooking with Shelby "Mexican Street Corn Salad" (1st & 3rd Tues.) Sign up -limit of 25</p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Senior Yoga (Tape) 9:30 am Painting Class 10:00 am Creative Writing 10:45 am Tai Chi Class - (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm Dart League \$1.00 a week 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Mexican Train 1:00 pm Painting Class 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00-pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p>3</p> <p>10:30 a.m. -NO TALK SHOW CLOSING AT 2:30 pm TODAY</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Chorus 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:00 am Jazz Dancercise 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 12:30 pm ACBL Duplicate Bridge Game 1:00 pm 500 1:00 pm Coloring Corner 1:00 pm Phase 10 2:30 pm CLOSING AT 2:30 P.M. Enjoy your Holiday/Holiday Weekend!</p>	<p>4</p> <p>CLOSED HAPPY 4TH OF JULY!</p> <p>4TH OF JULY INDEPENDENCE DAY Stars & Stripes LET FREEDOM RING AMERICA sweet land of liberty RED ★ WHITE ★ BLUE PROUD TO BE AN AMERICAN GOD BLESS THE USA</p>	<p>5</p> <p>CLOSED</p> <p>ENJOY TIME WITH YOUR FAMILY AND FRIENDS!</p> <p>THANK A SOLIDER OR VETERAN FOR YOUR AMERICAN FREEDOM...</p> 
<p>8</p> <p>9:30 am Grief Support (2nd Monday of the month)</p> <p>1:00 pm Birthday Party Hosted by: Men's & Women's Social and Wii Bowling Entertainment: Tai Chi</p> <p>8:00 am Scrapbooking 8:30 am Exercise Plus 50 8:30 am Yoga with Amanda 9:00 am Mah Jong 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Tai Chi (Advanced) 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tap 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 1:00 pm Jazz Dancercise 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p>	<p>9</p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Senior Yoga (Tape) 9:30 am Painting Class 10:00 am Creative Writing 10:45 am Tai Chi Class - (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm Dart League \$1.00 a week 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Mexican Train 1:00 pm Painting Class 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00-pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p>10</p> <p>10:30 a.m. Talk Show "A Journey through Alzheimer's-A Talk for Caregivers, Family and Friends" with Center Member—Diana Howard</p> <p>1:00 p.m. Genealogy Class (2nd Wed.)</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Chorus 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:00 am Jazz Dancercise 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 12:30 pm ACBL Duplicate Bridge Game 1:00 pm 500 1:00 pm Coloring Corner 1:00 pm Phase 10 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 5:00 pm Belly Dancing Class</p>	<p>11</p> <p>1:00 -2:00pm Open Door Time with Pat</p> <p>8:30 am Penny Bingo 9:00 am Line Dance-(Intermediate 1) 9:00 am Yoga 9:30 am Duplicate Bridge Class-(Beginner) 9:30 am Duplicate Bridge Class-(Intermediate) 10:00 am Line Dance-(Beginner) 10:00 am Women's Club 11:00 am Line Dance - (Advanced) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Dart League \$1.00 a week 12:30 pm Canasta, Penny Bingo 1:00 pm Cribbage 1:00 pm Men's & Women's Social Group 1:00 pm Wood Carving 1:00 pm Line Dance- (Intermediate 2) 2:00 pm Ping Pong 4:00-pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p>12</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 9:30 am Women's Pool Shooting Class 10:00 am -11:30 Blood Pressures- Mercy 10:00 am Chair Yoga with Kaye 11:30 am-12:30 pm Lunch 12:00 pm Tap - (Beginner) 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 1:00 pm 500 1:00 pm Friday Dance</p> <p>Featuring "Jerry O'Dell's Country Flavor Band"</p>
<p>15</p> <p>11:45 a.m-12:30 p.m. . "Free Balance Screening with ATI Physical Therapy (3rd Monday)</p> <p>3:30 p.m. "Heritage Hobbies" Faux Glass Succulent Planters "Sign up limit of 18</p> <p>8:00 am Scrapbooking 8:30 am Exercise Plus 50 8:30 am Yoga with Amanda 9:00 am Mah Jong 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Tai Chi (Advanced) 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tap 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Movie "Dreamer" 1:00 pm Jazz Dancercise 1:00 pm Mah Jong, Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p>	<p>16</p> <p>3:00 pm Cooking with Shelby "Lemon Brownies" (1st & 3rd Tues.) Sign up -limit of 25</p> <p>4:00 p.m. Alzheimer's Support Group (3rd Tuesday of month)</p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Senior Yoga (Tape) 9:30 am Painting Class 10:00 am Creative Writing 10:45 am Tai Chi Class - (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm Dart League \$1.00 a week 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Mexican Train 1:00 pm Painting Class 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00-pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p>17</p> <p>10:30 a.m. Talk Show "Your Final Wishes" with Liz Jones from Christy Smith Funeral Homes.</p> <p>12:30-2:00 p.m. Grandparents/ Grandchildren Social</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Chorus 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:00 am Jazz Dancercise 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom -backroom 12:30 pm ACBL Duplicate Bridge Game 1:00 pm 500 1:00 pm Coloring Corner 1:00 pm Phase 10 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 5:00 pm Belly Dancing Class</p>	<p>18</p> <p>1:00 -2:00pm Open Door Time with Pat</p> <p>8:30 am Penny Bingo 9:00 am Line Dance-(Intermediate 1) 9:00 am Yoga 9:30 am Duplicate Bridge Class-(Beginner) 9:30 am Duplicate Bridge Class-(Intermediate) 10:00 am Line Dance-(Beginner) 10:00 am Women's Club 11:00 am Line Dance - (Advanced) 11:30 am-12:30 pm Lunch 12:30 pm Dart League \$1.00 a week 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Canasta, Penny Bingo 1:00 pm Cribbage 1:00 pm Men's & Women's Social Group 1:00 pm Wood Carving 1:00 pm Line Dance- (Intermediate 2) 2:00 pm Ping Pong 4:00-pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p>19</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 9:30 am Women's Pool Shooting Class 10:00 am -11:30 Blood Pressures- St. Luke's 10:00 am Chair Yoga with Kaye 11:30 am-12:30 pm Lunch 12:00 pm Tap - (Beginner) 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 1:00 pm 500 1:00 pm Friday Dance</p> <p>Featuring "Triple Threat" Free Will Donation Dance</p>
<p>22</p> <p>1:00 p.m. - Parkinson's Support Group (4th Monday)</p> <p>8:00 am Scrapbooking 8:30 am Exercise Plus 50 8:30 am Yoga with Amanda 9:00 am Mah Jong 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Tai Chi (Advanced) 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tap 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Movie "Steel Magnolias" 1:00 pm Jazz Dancercise 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p>	<p>23</p> <p>3:00 pm Healthy Cooking with the Y (4th Tuesday) Sign up -limit of 20</p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Senior Yoga (Tape) 9:30 am Painting Class 10:00 am Creative Writing 10:45 am Tai Chi Class - (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm Dart League \$1.00 a week 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Mexican Train 1:00 pm Painting Class 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00-pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p>24</p> <p>10:30 a.m. Talk Show "Vintage Pictures of Down Town Sioux City" with Sioux City Camera Club member, Ron Nicholls</p> <p>1:00 p.m. Crafts with Anna "Cactus Rocks" (4th Wed.) Sign up -limit of 35</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Chorus 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:00 am Jazz Dancercise 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 12:30 pm ACBL Duplicate Bridge Game 1:00 pm 500 1:00 pm Coloring Corner 1:00 pm Phase 10 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 5:00 pm Belly Dancing Class</p>	<p>25</p> <p>1:00 -2:00pm Open Door Time with Pat</p> <p>8:30 am Penny Bingo 9:00 am Line Dance-(Intermediate 1) 9:00 am Yoga 9:30 am Duplicate Bridge Class-(Beginner) 9:30 am Duplicate Bridge Class-(Intermediate) 10:00 am Line Dance-(Beginner) 10:00 am Women's Club 11:00 am Line Dance - (Advanced) 11:30 am-12:30 pm Lunch 12:30 pm Dart League \$1.00 a week 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Canasta, Penny Bingo 1:00 pm Cribbage 1:00 pm Men's & Women's Social Group 1:00 pm Wood Carving 1:00 pm Line Dance- (Intermediate 2) 2:00 pm Ping Pong 4:00-pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p>26</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 9:30 am Women's Pool Shooting Class 10:00 am -11:30 Blood Pressures- Mercy 10:00 am Chair Yoga with Kaye 11:30 am-12:30 pm Lunch 12:00 pm Tap - (Beginner) 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 1:00 pm 500 1:00 pm Friday Dance</p> <p>Featuring "Shirley's Big Band" Subject to Change</p>
<p>29</p> <p>8:00 am Scrapbooking 8:30 am Exercise Plus 50 8:30 am Yoga with Amanda 9:00 am Mah Jong 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Tai Chi (Advanced) 10:00 am Knitting & Crocheting 10:00 am Tap 11:30 am-12:30 pm Lunch 12:00 pm Mah Jong 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Movie "Yours Mine & Ours" 1:00 pm Jazz Dancercise 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p>	<p>30</p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Senior Yoga (Tape) 9:30 am Painting Class 10:00 am Creative Writing 10:45 am Tai Chi Class - (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm Dart League \$1.00 a week 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Mexican Train 1:00 pm Painting Class 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00-pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p>31</p> <p>10:30 a.m. Talk Show "A Believers Journey to Israel" Follow up with Center Member, Judy Rehurek</p> <p>1:30 p.m. Paint Pouring with Partner Medical Sig up-limit of 15</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Chorus 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:00 am Jazz Dancercise 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 12:30 pm ACBL Duplicate Bridge Game 1:00 pm 500 1:00 pm Coloring Corner 1:00 pm Phase 10 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 5:00 pm Belly Dancing Class</p>		