



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p><i>Baby Pictures Challenge winner announced</i></p> <p>12-1 pm Team Trivia</p> <p>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:15 am Spanish Class 9:00 am Senior Yoga (CD) 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Balance Class 11:00 am-12:30 pm Full Lunch 11:30 am Woodcarving 11:30 pm Cribbage 12:00 pm Bunco-\$1 entry 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 1:00 pm SilverSneakers BOOM Fitness</p>	<p>2</p> <p>7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong</p>	<p>3</p> <p>7:30 am—1 pm Coffee Shop 8:00 am-9:30 am Biscuits and Gravy 8:15 am Spanish Class 7:45 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Journaling Club 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge—Men 12:30 pm Chair Fitness with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers BOOM Fitness</p>	<p>4</p> <p>CENTER CLOSED FOR INDEPENDENCE DAY</p> 	<p>5</p> <p>CENTER CLOSED</p> 
<p>8</p> <p>1 pm Birthday Party (2nd Monday) Music Bingo <i>Cake donated by Medigold</i></p> <p>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:15 am Spanish Class 9:00 am Senior Yoga (CD) 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Balance Class 11:00 am-12:30 pm Full Lunch 11:30 am Woodcarving 11:30 pm Cribbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate</p>	<p>9</p> <p>9 am Donut Festival 1 pm Craft with Bickford 2-4 pm Star Spangled Soiree Jukebox Dance Party</p> <p>7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class</p>	<p>10</p> <p>12 pm BUNCO Free Day</p> <p>7:30 am—1 pm Coffee Shop 8:00 am-9:30 am Biscuits and Gravy 8:15 am Spanish Class 7:45 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Journaling Club 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge—Men 12:30 pm Chair Fitness with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers BOOM Fitness</p>	<p>11</p> <p>10 am Book Discussion Group 1 pm Karaoke on the stage</p> <p>7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Penny Bingo 9:00 am Tattling 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg 11:30 am Woodcarving 11:30 pm Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p>12</p> <p>10:30 am Genealogy Class (2nd Friday)</p> <p>7:30 am—1 pm Coffee Shop 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance</p> <p><i>Featuring The Huckleberrys</i></p>
<p>15</p> <p>12-1 pm Team Trivia</p> <p>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:15 am Spanish Class 9:00 am Senior Yoga (CD) 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Balance Class 11:00 am-12:30 pm Full Lunch 11:30 am Woodcarving 11:30 pm Cribbage 12:00 pm Bunco-\$1 entry 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 1:00 pm SilverSneakers BOOM Fitness</p>	<p>16</p> <p>7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance, 12:30 pm Painting Class 1:00 pm Ping Pong</p>	<p>17</p> <p>8 am-2 pm Red Cross Blood Drive 6:30 pm River-Cade Parade</p> <p>7:30 am—1 pm Coffee Shop 8:00 am-9:30 am Biscuits and Gravy 8:15 am Spanish Class 7:45 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Journaling Club 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge—Men 12:30 pm Chair Fitness with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers BOOM Fitness</p>	<p>18</p> <p>1 pm Karaoke on the stage</p> <p>7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Penny Bingo 9:00 am Tattling 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 11:30 pm Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p>19</p> <p>7:30 am—1 pm Coffee Shop 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm Bunco-\$1 entry 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance</p> <p><i>Featuring 4 on the Road</i></p> <p>Sunday, July 21, 2 pm Great Plains Radio Theatre</p>
<p>22</p> <p>1:00 pm Parkinson's Support Group (4th Monday)</p> <p>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:15 am Spanish Class 9:00 am Senior Yoga (CD) 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Balance Class 11:00 am-12:30 pm Full lunch 11:30 am Woodcarving 11:30 pm Cribbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 1:00 pm SilverSneakers BOOM Fitness</p>	<p>23</p> <p>2-4 pm Summer Daze Jukebox Dance Party</p> <p>7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Mexican Train 11:30 am Unlucky 7 (board room) 12:30 pm Penny Bingo 12:30 pm Painting Class 1:00 pm Ping Pong</p>	<p>24</p> <p>7:30 am—1 pm Coffee Shop 8:00 am-9:30 am Biscuits and Gravy 8:15 am Spanish Class 7:45 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Journaling Club 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge—Men 12:30 pm Chair Fitness with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers BOOM Fitness</p>	<p>25</p> <p>1 pm Karaoke on the stage</p> <p>7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Penny Bingo 9:00 am Tattling 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance 11:00 am Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 11:30 pm Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p>26</p> <p>7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance</p> <p><i>Featuring Ed Tryon</i></p>
<p>29</p> <p>12-1 pm Team Trivia</p> <p>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:15 am Spanish Class 9:00 am Senior Yoga (CD) 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Balance Class 11:00 am-12:30 pm Full lunch 11:30 am Woodcarving 11:30 pm Cribbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 1:00 pm SilverSneakers BOOM Fitness</p>	<p>30</p> <p>7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong</p>	<p>31</p> <p>7:30 am—1 pm Coffee Shop 8:00 am-9:30 am Biscuits and Gravy 7:45 am Walking Exercise 8:15 am Spanish Class 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Journaling Club 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge—Men 12:30 pm Chair Fitness with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers BOOM Fitness</p>	<p>1</p> <p>10 am Book Discussion Group 1 pm Karaoke on the stage</p> <p>7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Penny Bingo 9:00 am Tattling 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance 11:00 am Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 11:30 pm Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong</p>	<p>2</p> <p>7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance</p> <p><i>Featuring The Huckleberrys</i></p>