

# July 2021

Questions? Call (712) 255-1729 OPEN: Monday- 8-4:00 p.m. Tues-Friday 8:00 am-2:30 p.m., Except 2nd & 4th Fridays 3:00 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>Open to the Public <b>Biscuits and Gravy</b> \$2.00 for 1 biscuit, \$4.00 for 2 On Wednesday's only. Serving from 8-10 a.m.</p>  	<p><b>1</b> 10:00 a.m.-Book Club in the Library (1st Thursday)</p> <p>9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Advanced) 9:00 am Senior Yoga (CD) 10:00 am Line Dance-(Beginner) 11:00 am Line Dance-(Intermediate Beginner) 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm Cribbage 12:30 pm Pinochle 12:30 pm Penny Bingo 1:00 pm Men's &amp; Women's Social Group 1:00 pm Ping Pong</p>	<p><b>2</b></p> <p>9:00 am Fitness with Dixie 9:30 am Wii Bowling 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S- meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time</p> <p><i>No Friday Dance</i></p>
<p><b>5</b> Closed in Observations of the 4th of July</p>  	<p><b>6</b> 1:00 p.m. Crafts with Diana Barbeque Carry All \$2.00 (Sign up- Limit of 10)</p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:30 am Painting Class 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm Mexican Train 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p><b>7</b></p> <p>9:00 am Yoga w/Dixie 9:00 am Silver Sneakers Classic Fitness 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:30 pm Tatting 101 1:00 pm Coloring Corner 1:00 pm Phase 10 1:30 pm Walking off the Pounds</p>	<p><b>8</b></p> <p>9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Advanced) 9:00 am Senior Yoga (CD) 10:00 am Line Dance-(Beginner) 11:00 am Line Dance-(Intermediate Beginner) 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. 12:00 pm Cribbage 12:30 pm Pinochle 12:30 pm Penny Bingo 1:00 pm Men's &amp; Women's Social Group 1:00 pm Ping Pong</p>	<p><b>9</b> 10:30 am Genealogy Class (2nd Friday)</p> <p>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 Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00-3:00 pm Friday Dance</p> <p><i>Featuring " Jerry O'Dell's Country Flavor Band</i></p>
<p><b>12</b> 9:30 am Grief Support (2nd Monday) 1:00 p.m. Birthday Party (2nd Monday) Hosts: Staff/ Volunteers Entertainment: Rock Steady Boxing with Pat Treat Providers: Continental Springs &amp; Countryside Health Care Center</p> <p>8:00 am Scrapbooking 9:00 am Senior Yoga (CD) 9:00 am Silver Sneakers Classic Fitness 9:30 am Wii Bowling 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:30 pm Siouxland Dup. Bridge (Open) 1:00 pm Pinochle 1:30 pm Walking off the Pounds</p>	<p><b>13</b> 1:00 p.m. Activity with B.A.M Jewelry Making (Sign up- Limit of 15)</p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:30 am Painting Class 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm Mexican Train 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p><b>14</b></p> <p>9:00 am Yoga w/Dixie 9:00 am Silver Sneakers Classic Fitness 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:30 pm Tatting 101 1:00 pm Coloring Corner 1:00 pm Phase 10 1:30 pm Walking off the Pounds</p>	<p><b>15</b></p> <p>9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Advanced) 9:00 am Senior Yoga (CD) 10:00 am Line Dance-(Beginner) 11:00 am Line Dance-(Intermediate Beginner) 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm Cribbage 12:30 pm Pinochle 12:30 pm Penny Bingo 1:00 pm Men's &amp; Women's Social Group 1:00 pm Ping Pong</p>	<p><b>16</b></p> <p>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 Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time</p> <p><i>No Friday Dance</i></p>
<p><b>19</b></p> <p>8:00 am Scrapbooking 9:00 am Senior Yoga (CD) 9:00 am Silver Sneakers Classic Fitness 9:30 am Wii Bowling 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:30 pm Movie "Wind Storm" 12:30 pm Siouxland Dup. Bridge (Open) 1:00 pm Pinochle 1:30 pm Walking off the Pounds</p>	<p><b>20</b></p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:30 am Painting Class 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm Mexican Train 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p><b>21</b> 12:30 p.m. Ice Cream Bar with Tammy from Hospice of Siouxland</p> <p>9:00 am Yoga w/Dixie 9:00 am Silver Sneakers Classic Fitness 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:30 pm Tatting 101 1:00 pm Coloring Corner 1:00 pm Phase 10 1:30 pm Walking off the Pounds</p>	<p><b>22</b></p> <p>9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Advanced) 9:00 am Senior Yoga (CD) 10:00 am Line Dance-(Beginner) 11:00 am Line Dance-(Intermediate Beginner) 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm Cribbage 12:30 pm Pinochle 12:30 pm Penny Bingo 1:00 pm Men's &amp; Women's Social Group 1:00 pm Ping Pong</p>	<p><b>23</b></p> <p>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 Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00-3:00 pm Friday Dance</p> <p><i>Featuring "Ed Tryon"</i></p>
<p><b>26</b> 1:00 p.m. - (4th Monday) Parkinson's Support Group - In person or by Zoom</p> <p>8:00 am Scrapbooking 9:00 am Senior Yoga (CD) 9:00 am Silver Sneakers Classic Fitness 9:30 am Wii Bowling 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:30 pm Movie "Ithaca" 12:30 pm Siouxland Dup. Bridge (Open) 1:00 pm Pinochle 1:30 pm Walking off the Pounds</p>	<p><b>27</b></p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:30 am Painting Class 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm Mexican Train 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p><b>28</b></p> <p>9:00 am Yoga w/Dixie 9:00 am Silver Sneakers Classic Fitness 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:30 pm Tatting 101 1:00 pm Coloring Corner 1:00 pm Phase 10 1:30 pm Walking off the Pounds</p>	<p><b>29</b> 1:00 p.m. Crafts with Diana Solar Light Craft \$2.00 (Sign up- Limit of 10)</p> <p>9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Advanced) 9:00 am Senior Yoga (CD) 10:00 am Line Dance-(Beginner) 11:00 am Line Dance-(Intermediate Beginner) 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm Cribbage 12:30 pm Pinochle 12:30 pm Penny Bingo 1:00 pm Men's &amp; Women's Social Group 1:00 pm Ping Pong</p>	<p><b>30</b></p> <p>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 Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time</p> <p><i>No Friday Dance</i></p>