

July 2021 Program & Lunch Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>July 16 at 1pm</p> <p>Cooking Class with Cindie: Peachy Keen</p> <p>Join us for some delicious recipes that use peaches, some savory, some sweet.</p>	 <p>In-Person Zumba July 6 and 13 5:30-6:15pm \$3 fee per class</p>	 <p>In-Person Tai Chi Mondays & Wednesdays 9:15-10:00am \$3 fee per class</p>	<p>1</p> <p>9:00 Wood Carving 10:30 YoHa 11:30-12:15 Grab and Go Lunch 12:30 Help Yourself to Healthy Living: Asthma Update 2021 2:00pm Readers' Theater</p>	<p>2</p> <p>11:30-12:15 Grab and Go Lunch 1:00pm Tai Chi for Arthritis Class 1 (Full) 2:00pm Tai Chi for Arthritis Class 2 (Full) 2:30pm Happy Hour</p>
<p>5</p> <p>CLOSED in observance of Independence Day</p>	<p>6</p> <p>9:00-11:00 Haircuts (by Appointment only) 9:30 Group Trivia 10:30 These are a Few of My Favorite Things 11:30-12:15 Grab and Go Lunch 1:00pm YoHa 2:00pm Readers' Theater 5:30pm Zumba (\$3)</p>	<p>7</p> <p>9:15 Tai Chi (\$3) 9:30 Coloring for Calmness 10:30 Writer's Club 11:30-12:15 Grab and Go Lunch 2:00pm Grief Support</p>	<p>8</p> <p>9:00 Wood Carving 10:30 YoHa 11:30-12:15 Grab and Go Lunch 1:00pm Bridge 2:00pm Readers' Theater</p>	<p>9</p> <p>9:15 Walking and Weights (\$3) 11:30-12:15 Grab and Go Lunch 1:00pm Tai Chi for Arthritis Class 1 (Full) 2:00pm Tai Chi for Arthritis Class 2 (Full) 2:30pm Happy Hour</p>
<p>12</p> <p>9:15 Tai Chi (\$3) 11:30-12:15 Grab and Go Lunch 1:00pm Bingo for Bucks</p>	<p>13</p> <p>9:00-11:00 Haircuts (by Appointment only) 9:30 Group Trivia 10:30 Storytime with Josephine 11:30-12:15 Grab and Go Lunch 1:00pm YoHa 2:00pm Readers' Theater 5:30pm Zumba (\$3)</p>	<p>14</p> <p>9:15 Tai Chi (\$3) 9:30 Coloring for Calmness 10:00 Plant Based Diet 10:30 Writer's Club 11:30-12:15 Grab and Go Lunch 2:00pm Grief Support</p>	<p>15</p> <p>9:00 Wood Carving 10:30 YoHa 11:30-12:15 Grab and Go Lunch 1:00pm Bridge 2:00pm Readers' Theater</p>	<p>16</p> <p>8:30 Legal Consults 9:15 Walking and Weights (\$3) 11:30-12:15 Grab and Go Lunch 1:00pm Cooking Class with Cindie 1:00pm Tai Chi for Arthritis Class 1 (Full) 2:00pm Tai Chi for Arthritis Class 2 (Full) 2:30pm Happy Hour</p>
<p>19</p> <p>9:15 Tai Chi (\$3) 11:30-12:15 Grab and Go Lunch 1:00pm Bingo for Bucks</p>	<p>20</p> <p>9:00-11:00 Haircuts (by Appointment only) 9:30 Group Trivia 10:30 These are a Few of My Favorite Things 11:30-12:15 Grab and Go Lunch 1:00pm YoHa</p>	<p>21</p> <p>9:15 Tai Chi (\$3) 9:30 Coloring for Calmness 10:30 Writer's Club 11:30-12:15 Grab and Go Lunch 2:00pm Grief Support</p>	<p>22</p> <p>9:00 Wood Carving 10:30 YoHa 11:30-12:15 Grab and Go Lunch 1:00pm Bridge 1:00pm Low Back Pain</p>	<p>23</p> <p>9:15 Walking and Weights (\$3) 11:30-12:15 Grab and Go Lunch 1:00pm Tai Chi for Arthritis Class 1 (Full) 2:00pm Tai Chi for Arthritis Class 2 (Full) 2:30pm Happy Hour</p>
<p>26</p> <p>9:15 Tai Chi (\$3) 11:30-12:15 Grab and Go Lunch 1:00pm Bingo for Bucks</p>	<p>27</p> <p>9:00-11:00 Haircuts (by Appointment only) 9:30 Group Trivia 10:30 These are a Few of My Favorite Things 11:30-12:15 Grab and Go Lunch 1:00pm YoHa</p>	<p>28</p> <p>9:15 Tai Chi (\$3) 9:30 Coloring for Calmness 10:30 Writer's Club 11:30-12:15 Grab and Go Lunch 2:00pm Grief Support</p>	<p>29</p> <p>9:00 Wood Carving 10:30 YoHa 11:30-12:15 Grab and Go Lunch 1:00pm Bridge 6:00pm Book Club: Language of Flowers by Vanessa Diffenbaugh</p>	<p>30</p> <p>9:15 Walking and Weights (\$3) 11:30-12:15 Grab and Go Lunch 1:00pm Tai Chi for Arthritis Class 1 (Full) 2:00pm Tai Chi for Arthritis Class 2 (Full) 2:30pm Happy Hour</p>