

# JULY 2017 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>3</u> <b>SR. CTR. CLOSED</b></p> <p><i>Dog Days Begin</i></p>	<p><u>4</u> <b>SR. CTR. CLOSED</b></p>  <p><b>HAPPY 4<sup>th</sup> OF JULY!</b></p> <p><i>Independence Day</i></p>	<p><u>5</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>5:45 Hatha-Yoga w/ Joanne</u></p>	<p><u>6</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$5)</u> <u>11:15-Noon Balance Class w/Joanne (\$5)</u> <u>11:30 Lunch: Pizza, Salad, Beverage</u></p>	<p><u>7</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>11:00 Tai Chi (\$5)</u> <u>1:00-2:30 Line Dancing</u></p>
<p><u>10</u> <u>9:00-10:00 Beginners Knitting/ Crocheting Class (\$5)</u> <u>11:00 Bingo</u> <u>6:00 New Beginnings Meeting</u></p>	<p><u>11</u> <u>9:00 Cribbage</u> <u>11:30 Lunch: Full Breakfast with Coffee Rolls, Beverage</u> <u>5:30-6:30pm: Zumba (\$4)</u></p>	<p><u>12</u> <u>9:00 FOAS Mtg.</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>5:45 Hatha-Yoga w/ Joanne</u></p>	<p><u>13</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$5)</u> <u>11:15-Noon Balance Class w/Joanne (\$5)</u> <u>11:30 Lunch: Assorted Sandwiches, Salad, Beverage</u></p>	<p><u>14</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>11:00 Tai Chi (\$5)</u> <u>1:00-2:30 Line Dancing</u></p>
<p><u>17</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u> <u>6:00 New Beginnings Meeting</u></p>	<p><u>18</u> <u>9:00 Cribbage</u> <u>10:00-12:00: Nurse</u> <u>11:30 Lunch: Soup, Chicken Salad Sandwich, Chips, Crackers, Dessert, Beverage</u> <u>6:00pm COA Mtg.</u> <u>5:30-6:30pm: Zumba (\$4)</u></p>	<p><u>19</u> <u>8:30-10:00 Free Community Breakfast</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>5:45 Hatha-Yoga w/ Joanne</u></p>	<p><u>20</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$5)</u> <u>11:15-Noon Balance Class w/Joanne (\$5)</u> <u>11:30 Lunch: Chicken Broccoli Ziti, Salad, Beverage</u></p>	<p><u>21</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>11:00 Tai Chi (\$5)</u></p>
<p><u>24</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u> <u>6:00 New Beginnings Meeting</u></p>	<p><u>25</u> <u>9:00 Cribbage</u> <u>11:30 Lunch: Chicken Pie, Vegetable, Cranberry Sauce, B-Day Cake, Beverage</u> <u>5:30-6:30pm: Zumba (\$4)</u></p>	<p><u>26</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>5:45 Hatha-Yoga w/ Joanne</u></p>	<p><u>27</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$5)</u> <u>11:15-Noon Balance Class w/Joanne (\$5)</u> <u>11:30 Lunch: Pizza, Salad, Beverage</u> <u>Rock &amp; Roll Bingo</u></p>	<p><u>28</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>11:00 Tai Chi (\$5)</u></p>
<p><u>31</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u> <u>6:00 New Beginnings Meeting</u></p>	<p><i>7/1 Canada Day</i> <i>7/6 Armadillos Mate Now</i> <i>7/9 Full Buck Moon</i> <i>7/23 New Moon</i> <i>7/27 Adult Gypsy Moths Emerge</i></p>	<p><b>Note:</b> Every Thursday morning, 11:15 to Noon, Balance &amp; Strength Exercise w/Joanne. Walk-in, \$5.00.</p>	<p>Fresh Fruit served with all Thursday luncheons.</p>	<p><i>Menu Subject to Change</i></p>

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