

# FREE ACTIVE ADULT/SENIOR ACTIVITY CALENDAR

## JULY 2024

**ARE YOU ELIGIBLE AND RECEIVE MEDICAID?**  
 If so, check out our FUNding Positive Recreation Program. You could receive assistance towards your membership or programs. Pick up an application on our website or at The Center's front desk.

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b> 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE	<b>2</b>	<b>3</b> 9:30 - 10:30 am SENIOR WALKING CLUB	<b>4</b> 4TH OF JULY CENTER CLOSED	<b>5</b> 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker &amp; Marbles</i>	<b>6</b>
<b>7</b>	<b>8</b> 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE	<b>9</b>	<b>10</b> 9:30 - 10:30 am SENIOR WALKING CLUB 1:00 pm MOVIE <i>80 for Brady</i> <i>1 small drink &amp; popcorn/person**</i>	<b>11</b> 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> Noon- 1:00 pm SEMINAR & LUNCHEON <i>Marketing &amp; Advertising</i> 1:00 pm CARDS WITH FRIENDS <i>Hand &amp; Foot</i>	<b>12</b> 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker &amp; Marbles</i>	<b>13</b>
<b>14</b> 4:00- 6:30 pm DANCE	<b>15</b> 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE	<b>16</b>	<b>17</b> 9:30 - 10:30 am SENIOR WALKING CLUB	<b>18</b> 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 5:30- 6:30 pm WATER FITNESS CLASS <i>Fit Happens P.M.</i> 1:00- 2:30 pm BINGO	<b>19</b> 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker &amp; Marbles</i>	<b>20</b>
<b>21/28</b>	<b>22/29</b> 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE	<b>23/30</b>	<b>24/31</b> 9:30 - 10:30 am SENIOR WALKING CLUB	<b>25</b> 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 5:30- 6:30 pm WATER FITNESS CLASS <i>Fit Happens P.M.</i> 1:00 pm CARDS WITH FRIENDS <i>Hand &amp; Foot</i>	<b>26</b> 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker &amp; Marbles</i>	<b>27</b>