## **FREE ACTIVE ADULT/SENIOR ACTIVITY CALENDAR**

## **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	Тни	Fri	Sat
2	3 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE	4	<b>5</b> 9:30 - 10:30 am SENIOR WALKING CLUB	<ul> <li>6</li> <li>8:00- 9:00 am COFFEE &amp; SNACKS</li> <li>9:00- 10:00 am FITNESS CLASS Exercise Class</li> <li>1:00- 2:30 pm BINGO</li> </ul>	<ul> <li>7</li> <li>8:30- 9:30 am WATER FITNESS CLASS Fit Happens A.M.</li> <li>9:00am- Noon GAMES Uno, Sk-Bo SkyJo, Sequence and Joker &amp; Marbles</li> </ul>	1/8
<b>9</b> 4:00- 6:30 pm <b>DANCE</b>	10 1:00 pm CARDS WITH FRIENDS Manipulation 1:00- 3:00 pm KITCHEN BAND PRACTICE	11	12 9:30 - 10:30 am SENIOR WALKING CLUB 1:00 pm MOVIE / Can Only Imagine 1 small drink & popcorn/person**	<ul> <li>13</li> <li>8:00- 9:00 am COFFEE &amp; SNACKS</li> <li>9:00- 10:00 am FITNESS CLASS Exercise Class</li> <li>Noon- 1:00 pm SEMINAR &amp; LUNCHEON Free2Play Program</li> <li>1:00 pm CARDS WITH FRIENDS Hand &amp; Foot</li> </ul>	<ul> <li>14</li> <li>8:30-9:30 am WATER FITNESS CLASS Fit Happens A.M.</li> <li>9:00am- Noon GAMES Uno, Sk-Bo SkyJo, Sequence and Joker &amp; Marbles</li> </ul>	15
16	<ul> <li>17</li> <li>1:00 pm CARDS WITH FRIENDS Manipulation</li> <li>1:00- 3:00 pm</li> <li>KITCHEN BAND PRACTICE</li> </ul>	18	<b>19</b> 9:30 - 10:30 am SENIOR WALKING CLUB	<b>20</b> 8:00-9:00 am <b>COFFEE &amp; SNACKS</b> 9:00-10:00 am <b>FITNESS CLASS</b> <i>Exercise Class</i> 1:00-2:30 pm <b>BINGO</b>	<ul> <li>21</li> <li>8:30-9:30 am WATER FITNESS CLASS Fit Happens A.M.</li> <li>9:00am- Noon GAMES Uno, Sk-Bo SkyJo, Sequence and Joker &amp; Marbles</li> </ul>	22
23 / 30	24 1:00 pm Cards with Friends <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE	25	26 9:30 - 10:30 am SENIOR WALKING CLUB	<ul> <li>27</li> <li>8:00- 9:00 am COFFEE &amp; SNACKS</li> <li>9:00- 10:00 am FITNESS CLASS Exercise Class</li> <li>1:00 pm CARDS WITH FRIENDS Hand &amp; Foot</li> </ul>	<ul> <li>28</li> <li>8:30- 9:30 am WATER FITNESS CLASS Fit Happens A.M.</li> <li>9:00am- Noon GAMES Uno, Sk-Bo SkyJo, Sequence and Joker &amp; Marbles</li> </ul>	29



All activities are **FREE** 

(UNLESS OTHERWISE NOTED) THANKS TO >>



## **JUNE 2024**

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