


# JULY 2018

MONTHLY HEALTHY HABIT: GO MEATLESS AT LEAST ONE DAY A WEEK!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	3 9:30 COMPUTER CLUB <b>10:00 TECH HELP</b> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING <b>2:00 MEMORY CAFE</b>	4 <b>CLOSED 4<sup>th</sup> of July</b> 	5 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 12:30 FUN & <i>FITNESS (NOW WITH JUDY - TUESDAYS &amp; THURSDAYS)</i>	6 9:30 PINOCHLE 10:00 SING-A-LONG <b>CENTER CLOSES AT NOON</b>	7
8	9 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	10 9:30 COMPUTER CLUB 10:00 BRIDGE <b>10:00 TECH HELP</b> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	11 9:30 WEDNESDAY CARD PLAYERS <b>10:00 BOARD MEETING</b> 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:00 GARDEN CLUB	12 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO <b>10:15 NURSE</b> <b>11:00 OUTREACH - BRIGGS</b> 12:30 FUN & FITNESS	13 9:30 PINOCHLE 10:00 SING-A-LONG <b>CENTER CLOSES AT NOON</b>	14
15	16 9:30 MAH-JONGG 10:30 CURRENT EVENTS <b>1:00 BOOK TALK</b> 1:30 YOGA (VIDEO)	17 9:30 COMPUTER CLUB 10:00 BRIDGE <b>10:00 TECH HELP</b> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING <b>2:00 MEMORY CAFE</b>	18 <b>9:30 VALLEY FORGE CASINO</b> 9:30 WED CARD PLAYERS <b>10:00 PERSIAN SENIOR GROUP</b> 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	19 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 12:30 FUN & FITNESS	20 9:30 PINOCHLE 10:00 SING-A-LONG <b>CENTER CLOSES AT NOON</b>	21
22	23 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	24 9:30 COMPUTER CLUB 10:00 BRIDGE <b>10:00 TECH HELP</b> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	25 9:30 WEDNESDAY CARD PLAYERS 9:30 QUILTING 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:00 GARDEN CLUB	26 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO <b>10:15 NURSE</b> <b>11:30 OUTREACH - LEACH</b> 12:30 FUN & FITNESS	27 9:30 PINOCHLE 10:00 SING-A-LONG <b>CENTER CLOSES AT NOON</b>	28
29	30 9:30 MAH-JONGG 10:30 CURRENT EVENTS 11:30 YOGA (VIDEO)	31 9:30 COMPUTER CLUB 10:00 BRIDGE <b>10:00 TECH HELP</b> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING				