

# JULY 2019 *THE TRICK IS TO LIVE A LONG TIME WITHOUT GROWING OLD!*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	2 9-11 WALK TRACK 10:00 COMPUTER CLUB <b>10-12 TECH HELP</b> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE 1:00 KNITTING/CROCHETING	3 <b>10:00 BOARD MEETING</b> 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	4 <b>CENTER IS CLOSED</b>  <small>© Can Stock Photo - csp1104332</small>	5 <b>CENTER CLOSED FOR JULY 4<sup>TH</sup> WEEKEND</b>	6
7	8 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	9 9-11 WALK TRACK 10:00 COMPUTER CLUB <b>10-12 TECH HELP</b> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE 1:00 KNITTING/CROCHETING <b>2:00 MEMORY CAFE</b>	10 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:00 GARDEN CLUB <b>1:30 RED HAT LADIES</b>	11 9-11 WALK TRACK <b>9:15-12 NURSE</b> 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO <b>11:00 OUTREACH -BRIGGS</b> 12:30 FUN & FITNESS	12 9:30 PINOCHLE 10:00 SING-A-LONG <b>CENTER CLOSSES AT NOON</b>	13
14	15 9:30 MAH-JONGG 10:30 CURRENT EVENTS <b>1:00 BOOK TALK</b> 1:30 YOGA (VIDEO)	16 9-11 WALK TRACK 10:00 COMPUTER CLUB <b>10-12 TECH HELP</b> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE 1:00 KNITTING/CROCHETING	17 <b>9:30 VALLEY FORGE CASINO</b> <b>10:00 PERSIAN SENIOR GROUP</b> 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	18 9-11 WALK TRACK 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 12:30 FUN & FITNESS	19 9:30 PINOCHLE 10:00 SING-A-LONG <b>CENTER CLOSSES AT NOON</b>	20
21	22 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	23 9-11 WALK TRACK 10:00 COMPUTER CLUB <b>10-12 TECH HELP</b> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE 1:00 KNITTING/CROCHETING	24 9:30 QUILTING 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:00 GARDEN CLUB	25 9-11 WALK TRACK <b>9:15-12 NURSE</b> 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO <b>11:30 OUTREACH - LEACH</b> 12:30 FUN & FITNESS	26 9:30 PINOCHLE 10:00 SING-A-LONG <b>CENTER CLOSSES AT NOON</b>	27
28	29 9:30 MAH-JONGG 10:30 CURRENT EVENTS 11:30 YOGA (VIDEO)	30 9-11 WALK TRACK 10:00 COMPUTER CLUB <b>10-12 TECH HELP</b> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE 1:00 KNITTING/CROCHETING	31 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING			