


JULY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00. Silver Sneakers	2 10:00. Yoga Class 11:00. 4th of July Cook out	3
4	5 Office Closed Happy 4th of July	6 10:00. Zumba Stretch/Tone/Dance	7 10:00. Tai Chi Class	8 10:00. Yoga Class	9 11:00. Domino Tournament Ice cream Cone Party	10
11	12 10:00. Silver Sneakers	13 10:00. Bowling at Pin Chasers	14 10:00. Tai Chi Class	15 10:00. Silver Sneakers	16 10:00. Yoga Class 1 - 3 pm Food Pantry	17
18	19 10:00. Silver Sneakers	20 10:00. Zumba Stretch/Tone/Dance	21 10:00. Tai Chi Class	22 10:00. Silver Sneakers	23 11:00. Arts & Crafts Patriotic Wreath	24
25	26 10:00. Silver Sneakers	27 11:00 Independence Day Indoor Volleyball Movie: History of the American Flag	28 10:00. Tai Chi Class	29 10:00. Silver Sneakers	30 10:00. Yoga Class	31
		<p>Notes</p>  <ul style="list-style-type: none"> * Daily Blood Pressure Screenings upon request. * Fitness/Exercise Room available daily for Humana Gold Plus Patients. * Coffee – Offered daily. * Transportation provided for Office Visits. * Free Wi-Fi Access. * Silver Sneakers cancelled on the 14th 				