

July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00 Bingo	2 11:30am Lunch 11:45am Lunch and Learn 12:00pm Painting Class 12:00pm Cards	3 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 11:45am 4 th of July facts	4 CLOSED
7 10:00am Chair Exercise 11:30am Lunch 12:00pm Cards 2:00pm Easy to Follow Tai Chi (virtual class)	8 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00 Bingo	9 11:30am Lunch 12:00pm Painting Class 12:00pm Cards 2:00pm Easy to Follow Tai Chi (virtual class)	10 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:30pm Transportation Options	11 10:00am Yoga 11:30am Lunch 1230pm Relaxation Class 1:30pm Picklesburgh Trip
14 10:00am Chair Exercise 11:00am Bankers Life 11:30am Lunch 12:00pm Cards	15 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00 Bingo	16 9am – 1pm AHN Van 11:30am Lunch 11:45am Top 10 Scams 12:00pm Painting Class 12:00pm Cards	17 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 1:00pm Pickleball Lesson 2:00pm Pickleball Play	18 10:00am Yoga 11:30am Lunch 1230pm Relaxation Class 12:30pm All you can Play Bingo
21 9:30am Rivers Trip 10:00am Chair Exercise 11:30am Lunch 12:00pm Cards	22 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00 Bingo	23 11:30am Lunch 11:45am UFO Talk 12:00pm Painting Class 12:00pm Cards	24 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:30pm Budgeting Class	25 10:00am Yoga 11:30am Lunch 1230pm Relaxation Class 4:00pm Farmer Market Trip
28 10:00am Chair Exercise 11:30am Lunch 11:45am Summer Tips 12:00pm Cards	29 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00 Burger Bingo	30 10:00am Morning Tea Party 11:30am Lunch 12:00pm Painting Class 12:00pm Cards	31 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:30pm Movie and Discussion	