

# July

MON

TUE

WED

THU

FRI

**1**  
8:30 Committee on Aging meeting  
9:00 Yoga  
10:00 Fitness Fun  
11:30 Lunch  
12:00 Footcare Appts  
1:00 Movie: Lincoln

**2**  
8:30 Footcare Appts  
9:15 Simply Seniors  
9:30 Mahjong  
10:30 Arthritis Exercise  
11:30 Lunch  
1:00 BINGO  
1:00 Dominoes  
1:00 Let's Get Moving

**3**  
8:30 Footcare Appts  
9:00 Yoga  
10:00 Card Creators  
10:15 EnerChi  
11:30 Lunch  
1:30 Cribbage

**4**  
**HAPPY**  
**4th of July**  
Senior Center Closed.

**5**  
8:30 Quilting  
9:00 BINGO Brunch  
11:30 Lunch  
12:00 Dental Appts

**8**  
9:00 Yoga  
10:00 Fitness Fun  
11:30 Lunch  
12:00 Footcare Appts  
1:00 Movie: The Music Man

**9**  
8:30 Footcare Appts  
9:15 Simply Seniors  
9:30 Mahjong  
10:30 Arthritis Exercise  
10:30 Blood Pressure Screening  
11:30 Lunch  
1:00 BINGO  
1:00 Dominoes  
1:00 Let's Get Moving

**10**  
8:30 Footcare Appts  
9:00 Yoga  
10:00 Card Creators  
10:15 EnerChi  
11:30 Lunch  
1:30 Cribbage

**11**  
9:00 Cardio Drumming  
9:15 Simply Seniors  
11:30 Lunch  
1:00 Sheepshead  
12:00- Friends of the TRSC Board Meeting

**12**  
8:30 Quilting  
9:00 BINGO Brunch  
11:30 Lunch  
12:00 Dental Appts  
Creation Station reservation deadline

**15**  
9:00 Yoga  
10:00 Fitness Fun  
11:30 Lunch  
12:00 Footcare Appts  
1:00 Movie: Hidden Figures

**16**  
8:30 Footcare Appts  
9:15 Simply Seniors  
9:30 Mahjong  
10:30 Arthritis Exercise  
11:30 Lunch  
1:00 BINGO  
1:00 Dominoes  
1:00 Let's Get Moving

**17**  
8:30 Footcare Appts  
9:00 *\*SPECIAL\** Yoga  
10:00 Card Creators  
10:15 **NO EnerChi**  
11:30 Lunch  
1:30 Cribbage

**18**  
9:00 Cardio Drumming  
9:15 Simply Seniors  
11:30 Red Hattitudes  
11:30 Lunch  
1:00 Sheepshead

**19**  
8:30 Quilting  
9:00 BINGO Brunch  
11:30 Lunch  
12:00 Dental Appts  
**1:30-2:30pm- Birthday Party!**  
Creation Station pick up

**22**  
9:00 Yoga  
10:00 Fitness Fun  
11:30 Lunch  
12:00 Footcare Appts  
1:00 Movie: Flaming Star

**23**  
8:30 Footcare Appts  
9:15 Simply Seniors  
9:30 Mahjong  
10:30 Arthritis Exercise  
11:30 Lunch  
1:00 BINGO  
1:00 Dominoes  
1:00 Let's Get Moving

**24**  
8:30 Footcare Appts  
9:00 Yoga  
10:00 Card Creators  
10:15 EnerChi  
11:30 Lunch  
1:30 Cribbage

**25**  
9:00 Cardio Drumming  
9:15 Simply Seniors  
11:30 Lunch  
1:00 Sheepshead

**26**  
8:30 Quilting  
9:00 BINGO Brunch  
11:30 Lunch  
12:00 Dental Appts

**29**  
9:00 Yoga  
10:00 Fitness Fun  
11:30 Lunch  
12:00 Footcare Appts  
1:00 Movie: Sense & Sensability

**30**  
8:30 Footcare Appts  
9:15 Simply Seniors  
9:30 Mahjong  
10:30 Arthritis Exercise  
11:30 Lunch  
1:00 BINGO  
1:00 Dominoes  
1:00 Let's Get Moving

**31**  
8:30 Footcare Appts  
9:00 **NO Yoga**  
10:00 Card Creators  
10:15 **NO EnerChi**  
11:30 Lunch  
1:30 Cribbage

## Special Dates

July 1st- Committee on Aging meeting @ 8:30am  
July 4th- 4th of July- Senior Center Closed.  
No Benefit Specialist in July  
July 17th- Senior yoga at Londondairy Alpaca Ranch  
July 19th- Monthly Birthday Party  
July 31st- NO YOGA OR ENERCHI. make up class 8/2

Call 920-793-5596 to sign up for classes and activities today!