Senior Calendar		July Calendar						2021
Monday		Tuesday		Wednesday		Thursday	Friday	
EXAMPLE 1 SENIOR SERVICES						Woodcarvers 10:	2 Open Play D0 Exercise D0 Happy Feet	8:00 9:00 9:00
5 CLOSEI		6 Chair Yoga Poker Intermediate Yoga Bingo Tale Spinners	9:45 10:00 11:00 12:45 1:00	7 Exercise Mahjongg Al-Anon Monthly Meal To-Go Social Bridge Slow Flow 500	10:00 10:30 11:00 12:45	Caregiver Conversation 10:Cribbage10:Woodcarvers10:Statue of Liberty10:Traveling Naturalist10:	00 Happy Feet 00 Computer Group 30 Art Studio 30 Open Play 00	9:00 9:00 9:00 10:00 1:00 1:00
12 Art Studio Exercise Men's Discussion T'ai Chi Practice Ham Radio Open Play Hand, Foot, & Toe Defensive Driving	9:00 9:00 10:00 10:00 10:45	13 Chair Yoga Advisory Board Open Play Intermediate Yoga Dementia Friends Bingo Tale Spinners		14 Exercise Mahjongg Al-Anon Musicals w/ James Shaw T'ai Chi Chih Workshop Social Bridge Slow Flow 500	10:00 10:30 10:30	Chair Yoga9:Cribbage10:Woodcarvers10:Intermediate Yoga11:British History1:Dominoes1:		8:00 9:00 9:00 10:00 10:00 1:00
19 Art Studio Exercise Men's Discussion Fun with Watercolor T'ai Chi Chih Practice Open Play Al & Alma's Hand, Foot, & Toe	9:00 9:00 10:00 10:00 10:45	20 Chair Yoga Fun with Watercolor Poker Shutterbugs Intermediate Yoga Bingo Tale Spinners	9:45 10:00 10:00 11:00 12:45 1:00	21 Exercise Senior Outreach Mahjongg Al-Anon Family Love Letter Social Bridge Slow Flow 500	9:00 10:00 10:30 10:30 12:45 6:00	Chair Yoga9:Cribbage10:Woodcarvers10:Intermediate Yoga11:Bunco1:Line Dance1:00/2:	23 00 Open Play 15 Exercise 00 Happy Feet 00 Computer Group 00 T'ai Chi Chih Practice 00 Art Studio 00	8:00 9:00 9:00 10:00 10:00 1:00
26 Art Studio Exercise Men's Discussion Fun with Watercolor T'ai Chi Chih Practice Open Play Al & Alma's Hand, Foot, & Toe	9:00 9:00 10:00 10:00 10:45	27 Chair Yoga Fun with Watercolor Open Play Intermediate Yoga Bingo Tale Spinners Astronomy	9:45 10:00 10:00 11:00 12:45 1:00 6:30	Mahjongg Al-Anon T'ai Chi Chih Workshop Social Bridge Slow Flow	10:00 10:30 10:45 12:45 6:00	Woodcarvers10:Cribbage10:Movie & Lunch To-Go10:Intermediate Yoga11:British History1:Line Dance1:00/2:	30 30 45 Open Play 00 Exercise 00 Happy Feet 30 Computer Group 00 T'ai Chi Chih Practice 00 Art Studio 00 00 Saturdays (7/10, 17, 2 Tranquil Yoga Guided Imagery	1:0