



JULY 2023

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

						1
2	3 Holiday Center is Closed in observance of July 4th	4 Holiday Center is Closed in observance of July 4th	5 Chair Volleyball 5:00 PM to 7:00 PM	6	7	8
9	10 Walking Club @ Rodeo Circle 7 AM to 8 AM Round Dance Songs with Cheryle Beecher 5:15 PM to 7:30 PM	11 Chair Exercise with Rondi 8:30 AM to 9 AM Chair Volleyball 5:00 PM to 7:00 PM	12 Walking Club @ Rodeo Circle 7 AM to 8 AM Chair Volleyball 5:00 PM to 7:00 PM	13 Chair Exercise with Rondi 8:30 AM to 9 AM Dance Stepping with Goldie Havatone @ 4:15 to 6:00 PM	14 Bash @ Multi Building 10 AM to 1 PM	15
16	17 Walking Club @ The Rodeo Circle 7 AM to 8 AM Cinema "Book Club 2" 2 PM - 4 PM Round Dance Songs with Cheryle Beecher 5:15 PM to 7:30 PM	18 Chair Exercise with Rondi 8:30 AM to 9 AM Chair Volleyball 5:00 PM to 7:00 PM	19 "Scams and Fraud" presentation by Chief Pankow 11:30 AM to 1 PM Chair Volleyball 5:00 PM to 7:00 PM	20 Chair Exercise with Rondi 8:30 AM to 9 AM Dance Stepping with Goldie Havatone @ 4:15 to 6:00 PM	21 Center is Closed for Semiannual Floor Cleaning (Only Homebound will get a cold breakfast and sack lunch)	22
23	24 Walking Club @ Rodeo Circle 7 AM to 8 AM "Elder Abuse Awareness" presentation by Carrie Imus 11:30 AM to 1 PM	25 Chair Exercise with Rondi 8:30 AM to 9 AM Chair Volleyball 5:00 PM to 7:00 PM	26 Walking Club @ Rodeo Circle 7 AM to 8 AM Chair Volleyball 5:00 PM to 7:00 PM	27 Chair Exercise with Rondi 8:30 AM to 9 AM Dance Stepping with Goldie Havatone @ 4:15 to 6:00 PM	28 Walking Club @ Rodeo Circle 7 AM to 8 AM Cinema "Note for my son" 2 PM - 4 PM	29
30	31 Walking Club @ Rodeo Circle 7 AM to 8 AM Round Dance Songs with Cheryle Beecher 5:15 PM to 7:30 PM					

Join Our Message Group
 Get up-to-date information on Senior Center activities, menu changes, delayed deliveries by joining our text message group. If you would like to receive messages talk with a Center staff member to join TODAY.
 To sign up contact the Caregiver Support Services Coordinator.

Educational Material
 Attendees of the Chair Exercise or Walking Club who complete all activities may receive educational material (will be Nike Gift Card). Attendees must attend each activity, sign-in to receive educational material for attendance.
 *There is no guarantee to receive educational materials, but you may receive credit for classes attended at a rate of smaller education material per class attended.
 If you would like more information contact Antonia.

There will be a big trip in September, this will be a 4 day trip. In order to qualify you have to participate in all upcoming events