## **JULY 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
1) Meal Reservations, 9:45 Chair Volleyball 11-11:30 AM – Friendship Circle	2) Meal Reservations	3) Line Dancing with Jaki Ward 11 AM-12 PM Council Meeting 7 PM	4) CLOSED – Independence Day	5) Bingo 10:00 AM Sponsored by Marymount Place
			Independence DAY	BINGO
8) Meal Reservations, 9:45 Chair Volleyball 11-11:30 AM – Friendship Circle	9) Meal Reservations, Site Council Meeting 10:30 AM, July Birthday's Sponsored by Sunrise Pointe. Cardio Drumming Exercise Class 12:30 PM	10) Line Dancing with Jaki Ward 11 AM-12 PM	11) Pedal Power Exercise Class 12:30 PM	12) Movie: Apollo 13, 10 AM
15) Meal Reservations, 9:45 Chair Volleyball 11-11:30 AM – Friendship Circle	16) Cardio Drumming Exercise Class 12:30 PM Meal Reservations, Music in the Park 6:30 PM	17) DSAS Benefits Check Up 10 AM, Line Dancing with Jaki Ward 11 AM-12 PM	18) Mobile Market 9:30 – 11:30 AM, Pedal Power Exercise Class 12:30 PM	19) Bunco 10:00 AM Sponsored by Council President Ron Jackson
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22) Meal Reservations, 9:45 Chair Volleyball 11-11:30 AM – Friendship Circle	23) <b>Meal Reservations</b> Sip & Paint sponsored by Big Heart Health Care 10:30 – 11:30 AM Cardio Drumming Exercise Class 12:30 PM	24) <b>Dr. Poduska Appts.</b> Book Club Discussion 10 AM, Line Dancing with Jaki Ward 11 AM-12 PM	25) Health Screenings 10:45 AM Latanya-University Hospital Bedford Medical Center. <b>Pedal Power</b> <b>Exercise Class 12:30 PM</b> Lutheran Church Dinner 5:00 PM	26) Movie: The Boys in the Boat 10 AM
		SECRET BOOK	University Hospitals	
29) Meal Reservations, 9:45 Chair Volleyball 11-11:30 AM – Friendship Circle	30) Meal Reservations, Site Council Meeting 10:30 AM Cardio Drumming Exercise Class 12:30 PM	31) <b>General Meeting 11 AM</b> , Line Dancing with Jaki Ward 11 AM-12 PM		
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