


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Canada Day	2 11am-Tai Chi 11:45am-Stretch and Strength 1pm-Chair Volleyball 5:30pm-Low Impact Aerobics	3 10am-BP Screening 11am-Independence Day Party 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Dance Party	4 Closed for the Holiday Independence Day	5 10am-BP screening 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5)	6 9:30am-Bible Discussion Group 11:00am-Cooking Club 12:30pm-Healthy You 1pm-Movie-Yankee Doodle Dandy"	7
8	9 11am-Tai Chi 11:45am-Stretch and Strength 1pm-Chair Volleyball 1pm-Alzheimer's Support Group 5:30pm-Low Impact Aerobics	10 11am-Hearing Awareness 11:30am-Club Meeting 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Craft 3pm-Dance Party 6pm-Nickel Bingo	11 10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 5:30pm-Low Impact Aerobics	12 10am-BP/BS Screening 11am-Ice Cream Social/Autoharp Music 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance(\$5)	13 9:30am-Bible Discussion Group 11:00am-Journaling 12:30pm-Healthy You 1pm-Movie-"On Golden Pond"	14 Belpre Alumni Ice Cream Social 11am-3pm
15	16 11am-Tai Chi 11:45am-Stretch and Strength 1pm-Chair Volleyball 5:30pm-Low Impact Aerobics	17 10am-BP Screening 11am-Birthday Party 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Dance Party	18 10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 2pm-Book Club 5:30pm-Low Impact Aerobics	19 11am-Funeral Pre-Planning Program 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5) 6pm-Nickel Bingo	20 9:30am-Bible Discussion Group 11:00am-Cooking Club 12:30pm-Healthy You 1pm-Movie- "Ghost"	21
22	23 11am-Tai Chi 11:45am-Stretch and Strength 1pm-Chair Volleyball 5:30pm-Low Impact Aerobics	24 10am-BP Screening 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Diabetes Support Group "Heating Up the Grill" 3pm-Dance Party	25 10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 5:30pm-Low Impact Aerobics	26 10am-Elbin Hearing 11am-Breathing Program 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance(\$5)	27 9:30am-Bible Discussion Group 11:00am-Journaling 12:30pm-Healthy You 1pm-Movie-"Forever Young"	28
29	30 11am-Tai Chi 11:45am-Stretch and Strength 1pm-Chair Volleyball 5:30pm-Low Impact Aerobics	31 11am-Music with Bob Martin 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Dance Party				
<h1>July 2018</h1> <h2>Belpre Senior Center</h2>						