

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



June 2017

Belpre Senior Center

1	2	3				
10:30am- Nickel Bingo 11:45am- Lunch \$4 1pm- Cards/Games 3pm- Line Dance \$5	10am-Bible Discussion Group 1pm- Movie: "Who Gets The DOG?"					
4	5	6	7	8	9	10
11am- Tai Chi 11:45am- Stretch & Strength Exercise 2pm-ChairVolleyball 5:30pm-Low-Impact Aerobics	10am-BP Screening 11am-Know your life insurance needs 11:45am- Lunch \$4 1pm-Cards/Games	10am- Chair Volleyball 1pm- Chair Exercise 1pm- Deep Class 5:30pm-Low-Impact Aerobics	10:30am- Nickel Bingo 11:45am-Lunch \$4 1pm- Cards/Games 3pm-Line Dance \$5	10am- Bible Discussion Group 11am- Journaling 1pm-"Dogs & Friends" in the Park 1pm-Movie: "La La Land" (2017)		
11	12	13	14	15	16	17
11am- Tai Chi 11:45am- Stretch & Strength Exercise 1pm-Alz.Caregivers 2pm-ChairVolleyball 5:30pm-Low-Impact Aerobics	11am- Club Meeting 11:45am-Lunch \$4 1pm- Cards/Games 1pm- Craft class 6pm- Nickel Bingo	10am- Chair Volleyball 1pm-Chair Exercise 1pm- Matter of Balance Class 5:30pm-Low-Impact Aerobics	10am-BP/BS screenings 11am- Father's Day Program 11:45am-Lunch \$4 1pm- Bunco 1pm- Cards/Games 3pm- Line Dance \$5	10am-Bible Discussion Group 11am-Cooking Club 1pm-Movie: "Northern Exposure" (Season 3)		
18	19	20	21	22	23	24
11am- Tai Chi 11:45am- Stretch & Strength Exercise 2pm-ChairVolleyball 5:30pm-Low-Impact Aerobics	10am-BP Screening 11am-Birthday Party 11:45am-Lunch \$4 1pm- Cards/Games 6pm-Nickel Bingo	10am-Chair Volleyball 1pm- Chair Exercise 1pm-Matter of Balance Class 5:30pm-Low-Impact Aerobics	11am- Music with Bob Martin 11:45am- Lunch \$4 1pm- Cards/Games 3pm-Line Dance \$5	10am- Bible Discussion Group 11am- Journaling 1pm- Movie: "A Dog's Purpose"		
25	26	27	28	29	30	
11am-Tai Chi 11:45pm-Stretch & Strength Exercise 2pm-ChairVolleyball 5:30pm-Low-Impact Aerobics	10am-BP Screening 10:30am-Nickel Bingo 11:45am- Lunch \$4 1pm-Cards/Games (Wear your Red, White and Blue)	10am- Chair Volleyball 1pm- Chair Exercise 1pm-Matter of Balance Class 5:30pm-Low-Impact Aerobics	10am- Eyeglass adj. 11am- Eye Care with River City Eyes 11:45am- Lunch \$4 1pm- Cards/Games 1pm- Bunco 3pm- Line Dance\$5	10am- Bible Discussion Group 11am-Cooking Club 1pm- Movie: "The Shack"		