

# July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> 8:00 Wii 8:30 Weight/Strength 8:30 Massage 9:15 Tap 10:00 Advance Tap <b>9:30 Fitness &amp; Flexibility</b> <b>1:00 Joy of Singing</b> <b>3:00 Line Dancing</b> <b>7:00 Red, White &amp; Boots</b>	<b>2</b> 8:10 Cardio, Core & More 9:00 Exercise w/ purpose <b>10:30 Blood Pressure</b> ✓ <b>11:00 Hearing Aid</b> ✓ <b>11:30 Covered Dish</b> <b>12:15 Haskell Cooley Family</b>	<b>3</b>
<b>4</b>	<b>5</b> <b>Happy July 4th!</b> <b>Center Closed</b>	<b>6</b> 8:30 Weight/Strength <b>No Fitness &amp; Flexibility</b> <b>9:30 Bingo</b> <b>11:00 Mystery Lunch</b> 1:00 Wii 4:00 Restorative Yoga <b>5:30 Line Dance</b>	<b>7</b> 8:10 Cardio, Core & More 8:30 Massage 9:00 Exercise w/purpose <b>10:00 Hooks &amp; Needles</b> <b>10:00 Board Meeting</b> 10:45 Tai Chi 11:45 ArthTai Chi <b>11:30 Weight Watchers</b> 4:00 Yoga	<b>8</b> 8:00 Wii 8:30 Weight/Strength 8:30 Massage 9:15 Tap 10:00 Advance Tap <b>9:30 Fitness &amp; Flexibility</b> <b>1:00 Joy of Singing</b> <b>3:00 Line Dancing</b> <b>5:45 Tail Gate Party/ Derby Twins</b>	<b>9</b> 8:10 Cardio, Core & More 9:00 Exercise w/ purpose <b>10:00 "Behind the Scenes: Antique Roadshow"</b>	<b>10</b>
<b>11</b>	<b>12</b> 8:10 Cardio, Core & More 9:00 Exercise w/ purpose 10:45 Tai Chi 11:45 Arth Tai Chi <b>1:00 Healthcare Reform</b>	<b>13</b> 8:30 Weight/Strength <b>9:30 Fitness &amp; Flexibility</b> 1:00 Wii <b>2:00 Eyeglass Cleaning</b> <b>2:00 Bow Wow, Meow Meow</b> 4:00 Restorative Yoga <b>No Line Dance</b>	<b>14</b> 8:10 Cardio, Core & More 8:30 Massage 9:00 Exercise w/purpose 10:45 Tai Chi 11:45 Arth Tai Chi <b>11:30 Weight Watchers</b> 4:00 Yoga	<b>15</b> 8:00 Wii 8:30 Weight/Strength 8:30 Massage 9:15 Tap <b>9:30 Fitness &amp; Flexibility</b> 10:00 Advance Tap <b>1:00 Joy of Singing</b> <b>No Line Dancing</b> <b>7:00 Jam Session</b>	<b>16</b> 8:10 Cardio, Core & More 9:00 Exercise w/ purpose <b>10:30 Blood Pressure</b> ✓ <b>11:30 Birthday &amp; Anniversary Lunch</b> <b>12:15 Phillip Black</b>	<b>17</b> <b>7:00—10:00 am Biscuit &amp; Gravy Breakfast</b>
<b>18</b>	<b>19</b> <b>7:00 Hidden Gems</b> 8:10 Cardio, Core & More 9:00 Exercise w/ purpose <b>9:45 Show &amp; Tell</b> 10:45 Tai Chi 11:45 Arth Tai Chi <b>10:00 Diabetic Shoes</b>	<b>20</b> 8:30 Weight/Strength <b>9:30 Fitness &amp; Flexibility</b> 1:00 Wii <b>3:00 Friendship Club</b> 4:00 Restorative Yoga <b>5:30 Line Dance</b>  <b>Fold Newsletter</b>	<b>21</b> <b>No Cardio, Core &amp; More</b> 8:30 Massage 8:30 Exercise w/purpose <b>9:30 Bingo</b> <b>10:00 Hooks &amp; Needles</b> 10:45 Tai Chi 11:45 Arth Tai Chi <b>11:30 Weight Watchers</b> <b>2:00 Caregiver Meeting</b> 4:00 Yoga	<b>22</b> 8:00 Wii 8:30 Weight/Strength 8:30 Massage 9:15 Tap <b>9:30 Fitness &amp; Flexibility</b> 10:00 Advance Tap <b>12:30 DRC Summer Theatre</b> <b>1:00 Joy of Singing</b> <b>3:00 Line Dancing</b>	<b>23</b> 8:10 Cardio, Core & More 9:00 Exercise w/ purpose <b>10:00 The difference Between Home Healthcare &amp; Hospice</b> <b>12:30 Skin Rashes</b>	<b>24</b>
<b>25</b>	<b>26</b> 8:10 Cardio, Core & More 9:00 Exercise w/ purpose 10:45 Tai Chi 11:45 Arth Tai Chi <b>1:00 See the USA the Railroad Way Sign-ups</b>	<b>27</b> 8:30 Weight/Strength <b>9:30 Fitness &amp; Flexibility</b> 1:00 Wii <b>1:00 Senior Employment</b> 4:00 Restorative Yoga <b>5:30 Line Dance</b>	<b>28</b> 8:10 Cardio, Core & More 8:30 Massage 9:00 Exercise w/purpose <b>9:30 Make &amp; Take Meals</b> 10:45 Tai Chi 11:45 Arth Tai Chi <b>11:30 Weight Watchers</b> 4:00 Yoga	<b>29</b> 8:00 Wii 8:30 Weight/Strength 8:30 Massage 9:15 Tap <b>9:30 Fitness &amp; Flexibility</b> 10:00 Advance Tap <b>1:00 Joy of Singing</b> <b>3:00 Line Dancing</b>	<b>30</b> 8:10 Cardio, Core & More 9:00 Exercise w/ purpose <b>11:15 Lunch &amp; Movie</b>	<b>31</b>