

## ACTIVITIES SCHEDULE – JULY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>EVERY WEEK</b>	<b>EVERY WEEK</b>	<b>EVERY WEEK</b>	<b>EVERY WEEK</b>	<b>EVERY WEEK</b>
9:00 Arthritis Foundation Exercise Program 10:00 Bridge-Carteret 499rs 11:00 Flexercise 12:30 Bridge-Celebrity 1:00 Arthritis Foundation Exercise Program	9:00 Twisted Sisters 9:00 Tai Chi for Arthritis 10:15 Stretcherise 12:30 Bridge-Carteret	9:00 Arthritis Foundation Exercise Program 9:30 Canasta 10:00 Arts and Crafts 10:15 Stretcherise 10:30 Senior Sing 10:30 Chair Yoga 11:00 Flexercise 1:00 Arthritis Foundation Exercise Program	8:30 Bridge – Bonnie 9:00 Twisted Sisters 9:00 Tai Chi for Arthritis 10:00 Bible Study 10:15 Stretcherise 12:45 Bridge – Chicago	9:30 Bingo 11:00 Flexercise 12:30 Bridge – Friendly
			<b>1</b>	<b>2</b>
<b>5</b>  <b>CLOSED</b>	<b>6</b>	<b>7</b>  9:00 Yoga \$ (pre-register)  11:00 Senior Voice	<b>8</b>	<b>9</b>
<b>12</b>	<b>13</b>  10:00 Yoga \$ (pre-register)	<b>14</b>  12:00 Parkinson’s Support Group	<b>15</b>	<b>16</b>  9:00 Kick Back with Kisha
<b>19</b>  1:00 Mah Jong	<b>20</b>  10:00 Yoga \$ (pre-register)	<b>21</b>	<b>22</b>  1:00 Beginner Shag Lessons	<b>23</b>

<b>26</b>	<b>27</b> 10:00 Yoga \$ (pre-register) <b>10:00 Health Seminar: “Smoothie Talk” (Rm. 118 &amp; Virtual)</b>	<b>28</b> <b>9:30 PROM “Roaring 20’s” (Dining Room &amp; Virtual)</b>	<b>29</b> 1:00 Beginner Shag Lessons	<b>30</b>
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Calendar subject to change without notice

**DAILY DROP-IN ACTIVITIES**  
Available 8:00am to 4:30pm (unless otherwise noted)

Billiards: Room 108	Library	Jigsaw Puzzles: Library	Pinochle: Library
Stretchercise: Room 112	Computer Lab	Fitness Center	Senior Center Orientation
Table Games Room 106	Senior Helping Seniors	Walking Club	Outdoor Sports
Drop-In Coffee/Social	Gaming Systems: Room 106	Bikes – Free Rental	Cornhole: MP-A (After 10am)

**Lunch 11:30** (Must be pre-registered)

Please visit our Facebook page and see how much fun we have!  
[www.facebook.com/leonmannseniorcenter](http://www.facebook.com/leonmannseniorcenter)



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OPERATION HOURS: MONDAY – FRIDAY 8:00 AM – 5:00 PM