

# July 2015 Activities at the Center

- 8:30 am **Monday - GENTLEMEN'S COFFEE** – Enjoy a fresh cup of coffee with the men from town.
- 10:30 am **Monday – CHAIR YOGA with Mimi**  
This exercise class will focus on flexibility through stretching, balance and proper breathing techniques.
- 9:30 am **Tuesday – SEWING/QUILTING – “KEEP YOU IN STITCHES”**  
This group has a different project each month. Even if you don't sew you can join this group of ladies!! You will enjoy visiting with them and seeing the fun they have during this time.
- 12:00 pm **Tuesday July 21<sup>st</sup> – Birthday Celebration** – Everyone is invited for cake & ice cream to celebrate!
- 12:00 pm **Tuesday – MUSIC**  
**July 7<sup>th</sup>-** Music and Dancing.  
**July 14<sup>th</sup>-** Music and Dancing.  
**July 21<sup>st</sup>-** Come listen & dance to Glenn, Doug, and Paul as they play some of your favorite tunes.  
**July 28<sup>th</sup>-** Come listen & dance to Glenn, Doug, and Paul as they play some of your favorite tunes.
- 1:00 pm **Tuesday July 7<sup>th</sup>–IPAD Help**
- 1:00 pm **Tuesday – Wii fun competition with bowling, golf, tennis (See Front of Calendar for Dates)**
- 10:30 am **Wednesday – EXERCISE CLASS – MATURE & WISER AEROBICS**  
You will learn to move and increase your heart rate while having fun with low impact aerobics. This class will get your heart rate up and also will burn calories as you exercise. A great class for beginners, too!
- 11:30 am **Wednesdays - HEALTH 101** – Join Marj each week for all your health needs.  
**\*July 1<sup>st</sup> –** Chat with Matt Connell- Arlington Physical Therapy: “Movement Tips for Easy Travel”  
**\*July 8<sup>th</sup>–** Lunch & Learn with Mark Louderback “Living in Retirement: Making your Money Work”  
**RSVP by Monday July 6<sup>th</sup>**  
**\*July 22<sup>nd</sup>–** Lunch & Daytime Bingo with Marilyn Loeffel with Brentwood Funeral Services  
**RSVP by Monday July 20<sup>th</sup>**
- 1:00 pm **Wednesday – EXERCISE CLASS – ADVANCED AEROBICS for SENIORS**  
This class takes it up a notch. You will move at a faster pace doing movements that will challenge you to work a little harder. If you haven't tried it, come join us and give it a try.
- 10:00 am **Thursday – MAGI (Mature Adults Getting Involved) –** Singing, movie, and potluck lunch are all the fun things this lively group participates in. Bring a dish and enjoy a delicious meal. Invite a friend!
- 12:30 pm **Thursday – GAMES** – Rook, Dominoes, Cards and Scrabble. Join in the fun and if there is another game you would like to play just let us know.
- 10:30 am **Friday – EXERCISE CLASS – EXERCISE, BALANCE & STRENGTH**  
This exercise class will focus on low impact cardio, strength training, flexibility and balance using light weights, small balls and stretch bands. This class is easily adapted to any level of fitness ability.
- 12:00 pm **Friday July 24<sup>th</sup> – Scrapbooking - VOLUNTEERS NEEDED.** Please help us scrapbook a page or two so we can enjoy our Senior Center pictures in albums. Not a scrapbooker? We'll teach you and you'll be surprised how easy and fun it is to create a page!
- 6:00 pm **Friday July 3<sup>rd</sup> – BBQ BINGO \$6.00 for BBQ dinner & dessert!**  
**RSVP & drop off your money by Tuesday, June 30<sup>th</sup>.** Caller will be Brian Elder with Elder Roofing.