

# JULY ACTIVITIES



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3 <b>CLOSED Independence Day Observation</b>	4 <b>CLOSED Happy 4th of July to all!</b>	5 Walking Group 9:00 Painting Group 9-11 Ladies' Billiards 10:00 Lunch 11:45 Zumba Gold 12:30 – 1:15 Pinochle 1:00	6 Wii Bowling 10:00 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 w/Kristyn Norton Set Back Cards 6:00	7 Walking Group 9:00 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Billiards 12 – 4 Music Jam 12 - 4	8 <b>Flyers Club: 11:00 GRG Meet At Baldwin Airport 9</b>
10 Walking Group 10:00 Quilting Group 10:00 Lunch 11:45 Cardio Drum. 12:30 – 1:00 <b>B'day Celebration 12:30</b> <u>Root Beer Floats</u> Board Games 1:00 Cardboard Loom Weaving 2:00 – 4:00 <b>MOVIE</b> (call SASC for details) Feldenkrais: 4:00	11 Exercise 10:30 Lunch 11:45 Euchre 1:00 <b>Wood Carving 1 – 3</b> <b>Beginning Painting with Katie 2 – 3:30</b> Cardio Drumming 5- 5:30	12 Walking Group 9:00 Painting Group 9:00 – 11:00 Ladies' Billiards 10:00 Lunch 11:45 <b>Jewelry Class 2:00</b> Zumba Gold 12:30 – 1:15 Pinochle 1:00	13 Wii Bowling 10:00 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 w/Kristyn Norton <b>Book Club 1:15</b> <b>Info on Page 15</b> Set Back Cards 6:00	14 Walking Group 9:00 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Billiards 12 – 4 <b>My Story, My Life Writing Group 1:15</b>	15 <b>Happy Scrappers 9:00am – 10:00pm</b> 16
17 Walking Group 10:00 Quilting Group 10:00 Lunch 11:45 <u>Lane Plamondon, Att. At Law (by Appt.) 10-3</u> Cardio Drumming 12:30 – 1:00 Card Making 2:00 Feldenkrais 4:00	18 <b>Charity Sew: 9:00</b> Exercise: 10:30 Lunch 11:45 Euchre: 1:00 <b>Wood Carving 1 – 3</b> Cardio Drumming 5- 5:30	19 Walking Group 9:00 Painting Group 9-11 Ladies' Billiards 10:00 Lunch 11:45 <b>Kayak Trip 12:00</b> Zumba Gold 12:30 – 1:15 Pinochle 1:00 Parkinson's Group 1:00	20 Wii Bowling 10:00 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 w/Kristyn Norton Set Back Cards 6:00	21 Walking Group 9:00 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Billiards 12 – 4 <b>Sound Bath With Sarah 2:30</b>	22 23
24 Walking Group 9:00 Quilting Group 10:00 Lunch 11:45 Cardio Drumming 12:30 – 1:00 Feldenkrais 4:00	25 <b>National Hot Fudge Sundae Day</b> <b>Ladies' Coffee Klatch: 9:00</b> Exercise 10:30 Lunch 11:45 Euchre 1:00 <b>Wood Carving Club 1-3</b> Cardio Drumming 5- 5:30	26 Walking Group 9:00 Painting Group 9 – 11 Ladies' Billiards 10:00 Lunch 11:45 Zumba Gold 12:30 – 1:15 Pinochle 1:00 <b>Jeannette's Craft 2:00</b>	27 Wii Bowling 10:00 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 w/Kristyn Norton Set Back Cards 6:00	28 Walking Group 9:00 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Billiards 12 – 4 Music Jam 12 - 4	29 30
31 Walking Group 9:00 Quilting Group 10:00 Lunch 11:45 Cardio Drumming 12:30 – 1:00 Feldenkrais 4:00	<p><b>BELTONE HEARING CENTERS</b> is offering free hearing screenings as well as cleaning and checking on all makes and models of hearing aids.</p> <p><b>August 9, 2023</b> <b>1:30 p.m. – 2:30 p.m.</b> <b>(A sign-up sheet will be available at the Scottville Area Senior Center)</b></p>				