# SASC July Activities

Loving Life at Every Age

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT/SUN |
|---|---|---|---|---|---|
| | **1**<br>Exercise 10:30<br>Lunch 11:45<br>Euchre 1:00<br>Sunset Carvers 1-3 | **2**<br>Painting Group 9:00<br>Walking Group 9:00<br>Cribbage 9:30-11:30<br>Ladies' Billiards 10:00<br>Lunch 11:45<br>Blood Pressure Clinic 12-1<br>Zumba 12:30-1:15<br>Pinochle 1:00 | **3**<br>Wii Bowling 9:30<br>Textile Arts 10:30<br>Exercise 10:30<br>**NO LUNCH SERVED TODAY**<br>Tech Help 12:15<br>Set Back 6:00 | **4**<br>**Closed Happy 4th!** | **5**<br>**6** |
| **7**<br>Quilting 9:00<br>Walking Group 9:00<br>Lunch 11:45<br>Cardio Drumming 12:30<br>Quilting Guild 6:30 | **8**<br>Exercise 10:30<br>Lunch 11:45<br>Euchre 1:00<br>Sunset Carvers 1-3 | **9**<br>Painting Group 9:00<br>Walking Group 9:00<br>Ladies' Billiards 10:00<br>Lunch 11:45<br>Zumba 12:30-1:15<br>Pinochle 1:00<br>Jewelry Making 2:00 | **10**<br>Wii Bowling 9:30<br>Toenail Clinic 10-12<br>Textile Arts 10:30<br>Exercise 10:30<br>Alzheimer's Support Group 11:00<br>Lunch 11:45<br>Blood Press. Clinic 12-1<br>Tech Help 12:15<br>Book Club 1:15<br>Set Back 6:00 | **11**<br>Walking Group 9:00<br>Wii Bowling 9:30<br>Bingo 10:00<br>Chair Massage 11:30-3<br>Lunch 11:45<br>Open Billiards 12-4<br>Music Jam 12-4<br>Ping Pong 1-4 | **12**<br>**Grandparents Raising Grandkids - Meet at Baldwin Airport for Air Show 11:30-3**<br>**13** |
| **14**<br>Quilting 9:00<br>Walking Group 9:00<br>Lunch 11:45<br>Monthly Birthday Celebration 12:15<br>Cardio Drumming 12:30 | **15**<br>Charity Sew 9:00<br>Exercise 10:30<br>Lunch 11:45<br>Euchre 1:00<br>Sunset Carvers 1-3<br>Diamond Art 1-3 | **16**<br>Painting Group 9:00<br>Walking Group 9:00<br>Ladies' Billiards 10:00<br>Lunch 11:45<br>Zumba 12:30-1:15<br>Pinochle 1:00<br>Parkinson's Group 1:15-3 | **17**<br>Wii Bowling 9:30<br>Textile Arts 10:30<br>Exercise 10:30<br>Lunch 11:45<br>Tech Help 12:15<br>Set Back 6:00 | **18**<br>Walking Group 9:00<br>Wii Bowling 9:30<br>Bingo 10:00<br>Chair Massage 11:30-3<br>Lunch 11:45<br>Open Billiards 12-4<br>Music Jam 12-4<br>Ping Pong 1-4 | **19**<br>**Happy Scrappers 9AM-10PM**<br>**20** |
| **21**<br>Quilting 9:00<br>Walking Group 9:00<br>Lunch 11:45<br>Cardio Drumming 12:30<br>"5 Wishes" by Marie Stycos 1:15<br>Card Making 2:00 | **22**<br>Exercise 10:30<br>Lunch 11:45<br>Euchre 1:00<br>Sunset Carvers 1-3 | **23**<br>Painting Group 9:00<br>Walking Group 9:00<br>Ladies' Billiards 10:00<br>Lunch 11:45<br>Zumba 12:30-1:15<br>Pinochle 1:00<br>Get Hooked Crochet Class 1-3 | **24**<br>Wii Bowling 10:00<br>Textile Arts 10:30<br>Exercise 10:30<br>Lunch 11:45<br>Tech Help 12:15<br>Organic Garden Club 12:30-2<br>Craft with Chris 3:00<br>Set Back 6:00 | **25**<br>Walking Group 9:00<br>Wii Bowling 9:30<br>Bingo 10:00<br>Chair Massage 11:30-3<br>Lunch 11:45<br>Open Billiards 12-4<br>Ping Pong 1-4 | **26**<br>**27** |
| **28**<br>Quilting 9:00<br>Walking Group 9:00<br>Lunch 11:45<br>Cardio Drumming 12:30 | **29**<br>**Ladies' Coffee Klatch 9:00**<br>Exercise 10:30<br>Lunch 11:45<br>Euchre 1:00<br>Sunset Carvers 1-3<br>Cardio Drum 5:00 | **30**<br>Painting Group 9:00<br>Walking Group 9:00<br>Ladies' Billiards 10:00<br>Lunch 11:45<br>Zumba 12:30-1:15<br>Pinochle 1:00 | **31**<br>Wii Bowling 10:00<br>Textile Arts 10:30<br>Exercise 10:30<br>Lunch 11:45<br>Tech Help 12:15<br>Set Back 6:00 | **Key:**<br>**Black - Service**<br>**Blue - Speaker**<br>**Orange - Community\ Event**<br>**Green - Exercise**<br>**Purple - Social Activity**<br>**Red - Craft** | |