

## JULY 2024

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM		Senior CLUB Pickleball	Walk Inside 9:00-10:00 am	Walk Inside (no 7/4) 9:00-10:00 am	Walk Inside 9:00-10:00 am	Senior CLUB Pickleball	Boot Camp Starts 7/13
10:00 AM			Free Senior Zumba	Gentle Yoga			
10:30 AM			NO ZUMBA 7/9	NO YOGA 7/17			Summer Basketball
11:00 AM							Training
12:00 PM			Health Department 10:00 am-12:00 pm				Starts 7/13
12:30 PM			JULY 16th ONLY HEARING SCREENING				(no session 7/27)
1:00 PM							
2:00 PM	Adult						
3:00 PM	Pickleball				Health Department		
3:30 PM					3:00-6:00 pm		
4:00 PM					JULY 25th ONLY		
5:00 PM					SKIN SCREENING		
6:00 PM		Summer Basketball		Summer Basketball		Adult	
6:30 PM		Training	Yoga	Training	Summer Wellness	Pickleball	
7:00 PM		Starts 7/8	(No 7/16 or 7/30)	Starts 7/10	6:30-7:30 pm		
7:30 p.m		(no session on 7/29)	6:30-7:30 pm	(no session on 7/29)	Zumba		
8:00 PM							
8:30 PM							
9:00 PM							

### Various Health Department Summer Wellness Programs in the evening (2nd Floor)

July 1 - Breakfast on the Go Presentation 6:30-7:30 pm

July 9 - Colors of Empowerment: Paint with Purpose 6:00-8:00 pm

July 10 - Nutrition Supplements Presentation 5:30-6:30 pm

July 16 - Hearing Screening 10:00 am to 12:00 pm

July 16 - Laughter is the Best Medicine 6:30-7:30 pm

July 17 - Pilates 6:15-7:15 pm

July 24 - Summer Desserts Presentation 5:00-6:00 pm

July 25 - Skin Screening 3:00-6:00 pm