

JULY ACTIVITIES

MON	TUE	WED	THU	FRI
1 9:00 A.M. YOGA 1:00 P.M. PITCH 2:30 P.M. TAI CHI	2 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. HAND & FOOT	3 9:00 A.M. QI GONG 1:00 P.M. PITCH 2:30 P.M. TAI CHI	4 CLOSED HAPPY 4TH OF JULY	5 CLOSED HAPPY 4TH OF JULY
8 9:00 A.M. YOGA 1:00 P.M. PITCH 2:30 P.M. TAI CHI	9 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. DOMINOS	10 BIRTHDAY/ANNIV 9:00 A.M. QI GONG 11:30 A.M. BLOOD PRESSURE 1:00 P.M. BUFFALO BILL'S NEBRASKA 2:30 P.M. TAI CHI	11 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. LIVERPOOL RUMMY	12 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS-COFFEE 1:00 P.M. HAND & FOOT 2:30 P.M. TAI CHI
15 9:00 A.M. YOGA 1:00 P.M. PITCH 2:30 P.M. TAI CHI	16 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. HAND & FOOT	17 9:00 A.M. QI GONG 12:30 P.M. DR NOVAK SKIN CARE AND AGING 1:00 P.M. PITCH 2:30 P.M. TAI CHI	18 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. LIVERPOOL RUMMY	19 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS-COFFEE 1:00 P.M. HAND & FOOT 2:30 P.M. TAI CHI 5:00 P.M. PITCH & POTLUCK
22 9:00 A.M. YOGA 1:00 P.M. PITCH 2:30 P.M. TAI CHI	23 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. DOMINOS	24 9:00 A.M. QI GONG 1:00 P.M. PITCH 2:30 P.M. TAI CHI	25 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 11:00 A.M.-1:00 P.M. POTATO BAKE	26 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS-COFFEE 1:00 P.M. HAND & FOOT 2:30 P.M. TAI CHI
29 9:00 A.M. YOGA 1:00 P.M. PITCH 2:30 P.M. TAI CHI	30 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 12:30 P.M. JANA HUGHES 1:00 P.M. HAND & FOOT	31 9:00 A.M. QI GONG 1:00 P.M. WWII AMERICAN JAPANESE 2:30 P.M. TAI CHI		