

DAILY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 Walk & Talk 10:30 Free Art Time 10:30 Tai Chi 12:30 Acrylics Art 1:30 SAIL Exercise	8:00 Walk & Talk 9:00 Adult Color 9:30 Circuit Training 10:00 Mat & Framing Class 1:00 Movie & Popcorn	8:00 Walk & Talk 10:30 Free Art Time 10:30 Tai Chi 12:30 Acrylics Art 1:30 SAIL Exercise 7:30 Jerry Duncan Band	8:00 Walk & Talk 9:00 Get Fit 10:00 Mat & Framing Class 1:00 Bingo	8:00 Walk & Talk 9:00 Donuts & Coffee Social Hour 10:00 Wii Sports 10:30 Life is a Puzzle 11:30 Ice Cream Treats for Dine In Only 1:00 Quilting Club 1:00 Walk this Way

JULY SPECIAL EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>WE WILL BE CLOSED FOR INDEPENDENCE DAY MONDAY, JULY 5TH</p>			1 9:00 Summer Weight Loss Kickoff Challenge	2 1:00 Car Show - Weather Permitting 1:00 Root Beer Floats 1:30 Book Study
	6	7 9:00 TFCU Seminar 10:45 Blood Pressure Checks	8	9 11:00 Diabetes & Me
12 9:00 Landscape Painting Demo	13 Movie: News of the World	14 9:00 TFCU Seminar 9:30 "Waffle it Up" w/ Jana Kelly	15	16 8-4 Sip & See @ our book giveaway
19	20 Movie: Let Him Go	21 9:30 OSU Nutrition Class 11:00 Health Talk	22 11:30 Get Fresh Summer and Serve	23 11:00 Diabetes & Me
26	27 Movie: No Mans Land 9:00 Domino Tournament	28 9:30 TFCU Savvy Senior Finances	29 9:00 Pool Tournament	30 1:00 Book Study Discussion "The Art of Dancing in the Rain" w/ Dr. Christine Pappas