



# July 2026

\*Purple – RSVP Required \*Blue – Fitness Classes \*Red – Fee Required

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b>	<b>2</b>	<b>3</b>
		8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dance 1:00 Mahjong	SENIOR CENTER CLOSED HAPPY 4TH OF JULY!
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Beginner Chess 1:00 Beginner Bridge 1:00 Line Dance	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Beginner Chess 10:00 Spanish II 11:00 Spanish I 12:00 Intro. to Spanish 1:00 Line Dance 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 9:30 Vet to Vet Cafe 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dance 1:00 Beading - \$8 Christmas Ball Ornament 1:00 Mahjong	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Dominoes
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 BINGO with Vital Caring Group	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Beginner Chess 10:00 Memory Café - Busick Room 10:00 Spanish II 11:00 Spanish I 12:00 Intro. to Spanish 1:00 Line Dance 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends 1:00 CRAFTS - for Operation Christmas Child	8:30 Sit & Be Fit 9:15 Cardio Combo 10:10 NO YOGA 11:00 Dulcimer 1:00 Line Dance 1:00 Mahjong	SENIOR CENTER CLOSED FOR A PRIVATE EVENT
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 Line Dance	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Beginner Chess 10:00 Spanish II 11:00 Spanish I 12:00 Intro. to Spanish 1:00 Line Dance 1:00 Dominoes	"GIVE THE GIFT OF EXERCISE" BRING THE GRANDKIDS TO EXERCISE CLASS! 8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dance 1:00 Mahjong	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 11:30 Luncheon \$10 HAPPY 250 <sup>TH</sup> BIRTHDAY AMERICA! 12:00 Dominoes
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00-2:00 AARP Driving Education & Lunch Busick Rm 10:00 Spanish II 11:00 Spanish I 12:00 Intro. to Spanish 1:00 Line Dance 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dance 1:00 Mahjong 2:00 Book Club	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Dominoes

## Fitness Class Descriptions

<b>Sit &amp; Be Fit</b> (Beginner) 45 min	Participants remain seated throughout this class. Class format focuses on improved mobility, range of motion, cardio health, and muscle endurance. (45 min)
<b>Cardio Combo!</b> (Beg/Intermediate) 45 min	Low impact standing cardio exercise for improved heart health, coordination, and balance. Class includes standing cardio and seated strength training. (45 min)
<b>Beginner Yoga</b>	Yoga exercises are performed in a series of graceful, rhythmic, slow-motion movements with a brief “holding period” for certain positions while on a mat.
<b>Tai Chi</b> (Beginner) 45 min	A graceful form of exercise used for stress reduction and a variety of other health conditions. A series of movements performed in a slow, focused manner, accompanied by deep breathing.
<b>Line Dancing</b>	Line Dance classes are led by a dance instructor. Choreography is broken down and taught and then applied to music. All levels are welcome!

## Activities

<b>Lessons of Art Art &amp; Friends</b>	Join our instructor to learn the fundamentals of art. Then stay and enjoy time with friends that share in their love of art. Bring your own projects and supplies.
<b>AARP Driving Education and Lunch</b>	The <b>AARP Driving Education Course</b> is a refresher course specifically for drivers aged 50 and older. Whether you want to refresh your driving skills or increase your driving confidence, this is well worth your time! <b>\$20 for AARP members. \$25 for non- AARP members.</b> Space is limited.
<b>Beading</b>	It’s Christmas in JULY! And time to get an early jump on your Christmas list! It’s the <b>Beaded Christmas Ornament!</b> The cost is \$8.
<b>Bible Study</b>	A meaningful time of Christian fellowship with a guided, non-denominational Bible lesson.
<b>Bingo</b>	Come celebrate our July birthdays with a fun game of <b>BINGO!</b>
<b>Book Club</b>	<i>Nineteen Minutes</i> by Jodi Picoult
<b>Bridge</b>	We have two Bridge groups active: <b>Experienced Bridge and Beginner Bridge.</b> Any level player is welcome to observe the tables to acquaint themselves with our groups and styles.
<b>Crafts</b>	If you enjoy doing crafts and giving back to others, this event is for you! We will be making crafts for our upcoming <b>Operation Christmas Child</b> boxes.
<b>Hand and Foot Dominoes</b>	All cards and games are open to all levels. If you are not sure how to play, come and sit alongside an experienced player to learn.
<b>Dulcimer</b>	The Dulcimer is a fretted stringed instrument with 3 or 4 strings that is played by strumming as it sits in your lap. Beginner or experienced Dulcimer players welcome.
<b>Luncheon</b>	Happy 250 <sup>th</sup> Birthday America! Join us as we come together to celebrate 250 years of American Independence! Incredible entertainment from <b>Mason Lasseter</b> along with fun prizes and great food! Tickets are \$10
<b>Memory Café</b>	<b>Ethel’s Memory Café</b> is a welcoming space for individuals living with memory loss and their caregivers. Enjoy engaging activities, light refreshments and opportunities to connect with others.
<b>Music Group</b>	Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others!
<b>Spanish</b>	We currently have 3 levels of <b>Spanish</b> classes. Learn the very basics in <b>Introduction to Spanish</b> and then graduate to <b>Spanish I</b> and <b>Spanish II.</b>
<b>Vet to Vet Cafe</b>	Please join us at the <b>Vet-to-Vet Café!</b> The <b>Vet-to-Vet Café</b> will meet on the 2 <sup>nd</sup> Thursday of each month. There will be a guest speaker, and a light breakfast will be served. Sponsored by <b>Baptist Hospice.</b>