

# July 2024 Evening

Monday	Tuesday	Wednesday	Thursday
<b>1</b> <b>4:00pm-Pickleball</b> <b>4:00pm-NEW Yoga Class w/Natalie E.</b> <b>5:00pm- Dance Mix w/Maria</b>	<b>2</b> <b>3:30pm-6:00pm- Bihl Haus-New Class</b> <b>4:30pm-Dance w/ Christina</b> <b>4:30pm-Surprise Movie</b> <b>5:30pm-FOREVER Well Boom Muscle Move</b>	<b>3</b> <b>4:00pm-6:00pm- Amigas Cafe</b> <b>4:00pm-Pickleball</b> <b>5:00pm-Zumba w/ Maria</b>	<b>4</b> Close in Observation of 
<b>8</b> <b>4:00pm-Pickleball</b> <b>4:00pm- NEW Yoga Class w/Natalie E.</b> <b>5:00pm- Dance Mix w/Maria</b>	<b>9</b> <b>3:30pm-6:00pm-Bihl Haus-New Class</b> <b>4:30pm-Dance w/ Christina</b> <b>4:30pm-Surprise Movie</b> <b>5:30pm-FOREVER Well Boom Muscle Move</b>	<b>10</b> <b>4:00pm-6:00pm-Henry's Puffy Tacos</b> <b>4:00pm-Pickleball</b> <b>5:00pm-Zumba w/ Maria</b>  <b>FOOD BANK TOMORROW</b> <b>1pm-MUST be Registered</b>	<b>11</b> <b>4:00pm-Bingo</b> <b>4:30pm-Dance Mix with Christina</b> <b>4:30pm- OATS Bingo</b> <b>Tech:Lot Health Care</b> <b>5:30pm- FOREVER Well Boom Muscle Move</b>
<b>15</b> <b>4:00pm-Pickleball</b> <b>4:00pm-NEW Yoga Class w/ Natalie E.</b> <b>5:00pm- Dance Mix w/Maria</b>	<b>16</b> <b>3:30pm-6:00pm-Bihl Haus- New Class</b> <b>4:00pm-Dance w/ Christina</b> <b>4:30pm- Surprise Movie</b> <b>5:30pm- FOREVER Well Boom Muscle Move</b>	<b>17</b> <b>4:00pm-6:00pm</b> <b>4:00- Shopping @ Painted Tree</b> <b>4:00pm-Pickleball</b> <b>5:00pm-Zumba w/ Maria</b>	<b>18</b> <b>4:00pm- Bingo</b> <b>4:00pm-5:00-Arts &amp; Crafts W/Luis</b> <b>4:30 pm-Dance Mix with Christina</b> <b>4:30pm-5:30pm-OATS Tech Bingo:Mobile Health App</b> <b>5:30pm-FOREVER Well Boom Muscle Move</b>
<b>22</b> <b>4:00pm-Pickleball</b> <b>4:00pm- NEW Yoga Class w/Natalie E.</b> <b>5:00pm- Dance Mix w/Maria</b>	<b>23</b> <b>3:30pm-6:00pm-Bihl Haus-New Class</b> <b>4:30pm-Dance w/ Christina</b> <b>4:30pm-Surprise Movie</b> <b>5:30pm-FOREVER Well Boom Muscle Move</b>	<b>24</b> <b>4:00pm-6:00pm-Cheddar's</b> <b>4:00pm-Pickleball</b> <b>5:00pm-Zumba w/ Maria</b>	<b>25</b> <b>4:00pm- Bingo</b> <b>4:30pm-Dance Mix with Christina</b> <b>4:30pm-5:30pm-OATS Tech</b> <b>Bingo:Mindfulness App</b> <b>5:30pm-FOREVER Well Boom Muscle Move</b>
<b>29</b> <b>4:00pm-Pickleball</b> <b>4:00pm-NEW Yoga Class w/ Natalie E.</b> <b>5:00pm- Dance Mix w/Maria</b>	<b>30</b> <b>3:30pm-6:00pm-Bihl Haus- New Class</b> <b>4:30pm-Dance w/ Christina</b> <b>4:30pm-Surprise Movie</b> <b>5:30pm-FOREVER Well Boom Muscle Move</b>	<b>31</b> <b>4:00pm-6:00pm-Chilli's</b> <b>4:00pm-Pickleball</b> <b>5:00pm-Zumba w/ Maria</b>	

## Evening Sessions:

- Coming up Trips- Amiga's Cafe, Henry's Puffy Tacos, Shopping @Paint Tree, Cheddar's, & Chillies.
- New YOGA Class on Mondays @ 4:00 pm.
- Arts & Craftswith Luis— July 18th @ 4:00pm. (Sign up Required) (Space is limited)
- Center will be CLOSED on Thursday, July 4th in observance of Independence Day