



July

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 *Balance, Strength & Stretch with Cindy 10-11am COOL BEADS 11am-12:30pm SOAR READS! BOOK CLUB <u>How to Say Babylon</u> by Safiya Sinclair 1-3pm *Tai Chi Evening 6-7pm	2 *Chair Yoga 11am-12pm Bunco 1-3pm Euchre 1-3pm	3 Cribbage 9-10am TOPS! 9:30-11am Poker 10am-12pm Advisory Meeting 1-2:30pm Canasta 1:30-3:30pm Gentle Mindful Yoga 6-7pm	4  Independence Day SOAR is closed.	5 KEEP FIT & STRONG 10-11:30am Mah Jongg 10am-12:30pm Pinochle 1-3:30pm	6
7	8 *Balance, Strength & Stretch with Cindy 10-11am *Tai Chi Evening 6-7pm	9 *Chair Yoga 11am-12pm The Breakfast Club for Men 8-9:30am at McDonald's Brown Bag Lunch & Movie 1-3pm Euchre 1-3pm	10 Cribbage 9-10am TOPS! 9:30-11am Poker 10am-12pm New! Workshop Wednesdays Scams, Schemes & Financial Predators <small>*Free but requires pre-registration.</small> 1-2:30pm Canasta 1:30-3:30pm Gentle Mindful Yoga 6-7pm	11 *Tai Chi 9:30-10:30am Hot Dog Lunch & Bingo (\$3) <small>*Requires pre-registration and pre-payment.</small> 12-2:30pm Supper Club at Heritage House <small>~ Must pre-register. ~ Transportation not provided.</small> 5-7pm	12 KEEP FIT & STRONG 10-11:30am Mah Jongg 10am-12:30pm SHIP Counseling By appt. only 1-3pm Pinochle 1-3:30pm	13

14	15	16	17	18	19	20
	<p>*Balance, Strength & Stretch with Cindy 10-11am</p> <p>COOL BEADS 11am-12:30pm</p> <p><i>*Tai Chi Evening</i> 6-7pm</p>	<p><i>*Chair Yoga</i> 11am-12pm</p> <p>Bunco 1-3pm</p> <p>Euchre 1-3pm</p> <p>*No DIY Creative Workshop w/Jen – Back in August!</p>	<p>Cribbage 9-10am</p> <p>TOPS! 9:30-11am</p> <p>Poker 10am-12pm</p> <p><i>Open Sew!</i> 1-3:30pm *Please sign-up to save your space.</p> <p>Canasta 1:30-3:30pm</p> <p>Gentle Mindful Yoga 6-7pm</p>	<p><i>*Tai Chi</i> 9:30-10:30am</p> <p>“THERE’S NO PLACE LIKE HOME” 12-2:30pm</p> <p>Celebrate the 80th Anniversary of the Wizard of Oz, with Lunch and a Presentation by Michelle Gibson</p> <p>*FREE to those aged 60+, and are raffle winners! *Must complete a raffle ticket <i>in person</i> for yourself, or for you and a guest. *Winners will be notified on July 12th.</p>	<p>KEEP FIT & STRONG 10-11:30am</p> <p>Mah Jongg 10am-12:30pm</p> <p>Pinochle 1-3:30pm</p>	
21	22	23	24	25	26	27
	<p>*Balance, Strength & Stretch with Cindy 10-11am</p> <p>SOAR Explorers Mtg. 1-2:30pm</p> <p><i>*Tai Chi Evening</i> 6-7pm</p>	<p><i>*Chair Yoga</i> 11am-12pm</p> <p>Brown Bag Lunch & Movie 1-3pm</p> <p>Euchre 1-3pm</p>	<p>Cribbage 9-10am</p> <p>TOPS! 9:30-11am</p> <p>Poker 10am-12pm</p> <p>LUNCH DATE at Isabel’s 11am-12:30pm *Must pre-register *Transportation is not provided.</p> <p>Canasta 1:30-3:30pm</p> <p>Gentle Mindful Yoga 6-7pm</p>	<p><i>*Tai Chi</i> 9:30-10:30am</p> <p>BYOL & Bingo (\$3) *Requires pre-registration and pre-payment. 12-2:30pm</p> <p>Social Hour at Vine & Plate ~Must pre-register. ~Transportation is not provided. 5-7pm</p>	<p>KEEP FIT & STRONG 10-11:30am</p> <p>Mah Jongg 10am-12:30pm</p> <p>Pinochle 1-3:30pm</p>	
28	29	30	31			
	<p>*Balance, Strength & Stretch with Cindy 10-11am</p> <p><i>*Tai Chi Evening</i> 6-7pm</p>	<p><i>*Chair Yoga</i> 11am-12pm</p> <p>Euchre 1-3pm</p>	<p>Cribbage 9-10am</p> <p>TOPS! 9:30-11am</p> <p>Poker 10am-12pm</p> <p>Canasta 1:30-3:30pm</p> <p>Gentle Mindful Yoga 6-7pm</p>			