



July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Beauty Shop 8:00 & 8:30 Aquatic Exercise 9:00 Dahl's 9:30 Line Dancing 10:00 Women's Pool 10:10 Walking Class 10:40 Strength Training 11:15 Chair Yoga 4:00 NEW Bible Study Class 6:45 Cards/Games	2 Beauty Shop 8:45 Cardio Class 9:30 Toning/Stretching 9:30 4th of July Shoot-Out 5:00 Frolics with Red Crum	3 10:00 SMGT Group 6:45 Bridge
4 3:30 Bingo 7:00 Ping-Pong	5 Cleaners 8:55 Cardio Class 9:30 Toning/Stretching 9:30 Golf 10:00 Women's Pool 10:10 Walking Class 3:00 Chatty Cathy's	6 Breakfast 8:00 & 8:30 Aquatic Exercise 9:15 Tai Chi 10:00 Balance Class 10:00 Women's Pool 10:40 Strength Training 11:15 Chair Yoga 4:30 Birthday Bash in the lounge 2:00 & 6:45 Movie	7 Beauty Shop 8:45 Cardio Class 9:30 Toning/Stretching 10:00 Women's Pool 10:10 Walking Class 1:30 Valley West 4:30 Non-Denominational Church 6:45 Bridge and Pepper	8 Beauty Shop 8:00 & 8:30 Aquatic Exercise 9:00 Dahl's 9:30 Line Dancing 10:00 Women's Pool 10:10 Walking Class 10:40 Strength Training 11:15 Chair Yoga 4:00 NEW Bible Study Class 6:45 Cards/Games	9 Beauty Shop 8:45 Cardio Class 9:30 Toning/Stretching 9:30 Women's Shoot-out 5:00 Frolics with David Chamberlin	10 10:00 SMGT Group 6:45 Bridge
11 3:30 Bingo 7:00 Ping-Pong	12 Cleaners, Barber 8:55 Cardio Class 9:30 Toning/Stretching 9:30 Golf 10:00 Women's Pool 10:10 Walking Class 3:00 Chatty Cathy's 6:45 Travelogue: King Tut	13 Breakfast 8:00 & 8:30 Aquatic Exercise 9:15 Tai Chi 10:00 Balance Class 10:00 Women's Pool 10:40 Strength Training 11:15 Chair Yoga 2:00 & 6:45 Movie	14 Beauty Shop 8:45 Cardio Class 9:30 Toning/Stretching 10:00 Women's Pool 10:10 Walking Class 1:30 Valley West 4:30 Theme Party "Photo Time" 6:45 Bridge and Pepper	15 Beauty Shop 8:00 & 8:30 Aquatic Exercise 9:00 Dahl's 9:30 Line Dancing 10:00 Women's Pool 10:10 Walking Class 10:40 Strength Training 11:15 Chair Yoga 4:00 NEW Bible Study Class 6:45 Cards/Games	16 Beauty Shop 8:45 Cardio Class 9:30 Toning/Stretching 5:00 Frolics with Pete Andreas 2:30 Discussion Group 7:00 Parliamentarians	17 10:00 SMGT Group 6:45 Bridge
18 3:30 Bingo 7:00 Ping Pong	19 Cleaners 8:55 Cardio Class 9:30 Toning/Stretching 9:30 Golf 10:00 Women's Pool 10:10 Walking Class 3:00 Chatty Cathy's	20 Breakfast 8:00 & 8:30 Aquatic Exercise 9:15 Tai Chi 10:00 Balance Class 10:00 Women's Pool 10:40 Strength Training 11:15 Chair Yoga 2:00 & 6:45 Movie	21 Beauty Shop 8:45 Cardio Class 9:30 Toning/Stretching 10:00 Women's Pool 10:10 Walking Class 1:30 Valley West 4:30 Non-Denominational Church 6:45 Bridge and Pepper	22 Beauty Shop 8:00 & 8:30 Aquatic Exercise 9:00 Dahl's 9:30 Line Dancing 10:00 Women's Pool 10:10 Walking Class 10:40 Strength Training 11:15 Chair Yoga 4:00 NEW Bible Study Class 6:45 Cards/Games	23 8:45 Cardio Class 9:30 Toning/Stretching 1:00 Men's Shoot-out 2:30 Discussion Group 5:00 Frolics with Broadway Bill	24 10:00 SMGT Group 6:45 Bridge
25 3:30 Bingo 7:00 Ping Pong	26 Cleaners 8:55 Cardio Class 9:30 Toning/Stretching 9:30 Golf 10:00 Women's Pool 10:10 Walking Class 3:00 Chatty Cathy's 6:45 Scatter Show	27 Breakfast 8:00 & 8:30 Aquatic Exercise 9:15 Tai Chi 10:00 Balance Class 10:00 Women's Pool 10:40 Strength Training 11:15 Chair Yoga 2:00 & 6:45 Movie	28 Beauty Shop 8:45 Cardio Class 9:30 Toning/Stretching 10:00 Women's Pool 10:10 Walking Class 1:30 Valley West 6:45 Bridge and Pepper	29 Beauty Shop 8:00 & 8:30 Aquatic Exercise 9:00 Dahl's 9:30 Line Dancing 10:00 Women's Pool 10:10 Walking Class 10:40 Strength Training 11:15 Chair Yoga 4:00 NEW Bible Study Class 6:45 Cards/Games	30 8:45 Cardio Class 9:30 Toning/Stretching 1:30 Wal-Mart Trip 2:30 Discussion Group 5:00 Frolics with Bernice Shannon	31 10:00 SMGT Group 6:45 Bridge