

Tuesday	Wednesday	Thursday	Friday
Schedule subject to change without notice	1 9:30 video Chair yoga 10am-Tai Chi 10:30am Rummiku	2 9:30am Crochet & Knitting Club 9:30am Mahjong beginners & advanced 9:30-Table games 10:00am My Legacy Memoir	3 CLOSED FOR INDEPENDENCE DAY!!! 
7 9:30am Chair Yoga Video 10am 8 pieces stretch exercise & Tai Chi 10:00am Bridge 10:30am Rummikub	8 9:30 video Chair yoga 10am-Tai Chi 10:30am Rummiku	9 9:30am Crochet & Knitting Club 9:30am Mahjong beginners & advanced 9:30-Table games 10:00am My Legacy Memoir	10 9:30 Chair Zumba video 10am-8 pieces stretch exercise & Tai Chi 10:30 Dominoes 11am-Book Club
14 9:30am Chair Yoga Video 10am 8 pieces stretch exercise & Tai Chi 10:00am Bridge 10:30am Rummikub	15 9:30 video Chair yoga 10am-Tai Chi 10:30am Rummiku	16 9:30am Crochet & Knitting Club 9:30am Mahjong beginners & advanced 9:30-Table games 10:00am My Legacy Memoir	17 9:30 Chair Zumba video 10am-8 pieces stretch exercise & Tai Chi 10:30 Dominoes
21 9:30am Chair Yoga Video 10am 8 pieces stretch exercise & Tai Chi 10:00am Bridge 10:30am Rummikub	22 9:30 video Chair yoga 10am-Tai Chi 10:30am Rummiku	23 9:30am Crochet & Knitting Club 9:30am Mahjong beginners & advanced 9:30-Table games 10:00am My Legacy Memoir	24 9:30 Chair Zumba video 10am-8 pieces stretch exercise & Tai Chi 10:30 Dominoes
28 9:30am Chair Yoga Video 10am 8 pieces stretch exercise & Tai Chi 10:00am Bridge 10:30am Rummikub ROOM 3 – NO KITCHEN OR COFFEE	29 9:30 video Chair yoga 10am-Tai Chi 10:30am Rummiku ROOM 3 – NO KITCHEN OR COFFEE	30 9:30am Crochet & Knitting Club 9:30am Mahjong beginners & advanced 9:30-Table games 10:00am My Legacy Memoir ROOM 3 – NO KITCHEN OR COFFEE	31 9:30 Chair Zumba video 10am-8 pieces stretch exercise & Tai Chi 10:30 Dominoes ROOM 3 – NO KITCHEN OR COFFEE

July 2026