

JULY 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		FREE Walking Club! 			1 9:00 Walkers Club 10:00 Yoga 12:45 Tai Chi	2 8:00 Coffee & Donuts 12:30 Pinochle Party
3 1:00 JULY PICNIC 	4 OFFICE CLOSED 	5 9:00 Walkers Club 10:00 Zumba 2:00 Rev James Harper, Notre Dame RC	6 10:00 Exercise 12:30 Bible Study	7 10:00 Chat Room 2:00 Speaker -Stress Management 6:00 Blood Pressure	8 9:00 Walkers Club 10:00 Yoga 11:00 Second Harvest 12:45 Tai Chi	9
10	11 10:00 Exercise 1:00 Movie -BROOKLYN	12 9:00 Walkers Club 10:00 Zumba 2:00 Speaker - Senior Scams Prevention	13 10:00 Exercise 10:00 Books are Fun 12:30 Bible Study 1:00 Computer Class	14 10:00 Chat Room 2:00 Rev Sharon Solt Harfman, Church, Beth	15 10:00 Health Fair 10:00 Yoga 12:45 Tai Chi	16 5:00 Social
17	18 10:00 Exercise 1:00 Watercolor Class	19 9:00 Walkers Club 10:00 Zumba	20 9:00 Massage 10:00 Exercise 12:30 Bible Study	21 10:00 Chat Room 2:00 Rev John Hart, Holy Trinity Lutheran, Catasauqua	22 9:00 Walkers Club 10:00 Yoga 12:45 Tai Chi	23 9:30 Manicures by Appointment
24 5:00 Social 	25 10:00 Exercise 11:00 Therapy Dog 1:00 Movie -BROOKLYN	26 9:00 Walkers Club 10:00 Zumba	27 10:00 Exercise 12:30 Bible Study 1:00 Computer Class	28 10:00 Chat Room 2:00 Rev Richard Nahadil, St John EC 6:30 Prayer Time	29 9:00 Walkers Club 10:00 Yoga 12:45 Tai Chi	30
31						