

# July 2019 (sign up for programs/activities begins Monday, July 1st)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:15 Advanced Strength Training</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p><b>12:45 Won't You Be My Neighbor</b></p> <p>1:00 Duplicate Bridge</p> <p>1:00 Art Studio</p> <p>5:30 Monday Yoga</p>	<p>2</p> <p>10:00 Gentle Yoga</p> <p>11:00 Chair Yoga</p> <p>1:00 Pitch</p>	<p>3</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p>1:00 Hand &amp; Foot/Canasta</p> <p>1:00 Lifestory Writing Group</p> <p>1:00 Line Dancing</p>	<p>4</p> <p><b>Closed for July 4th</b></p>	<p>5</p> <p>9:15 Advanced Strength Training</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p>12:45 Center Singers</p>
<p>8</p> <p>9:15 Advanced Strength Training</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p><b>12:45 Midnight Sun</b></p> <p>1:00 Duplicate Bridge</p> <p>1:00 Art Studio</p> <p><b>1:30 Alzheimer's Support Group for Caregivers</b></p> <p>5:30 Monday Yoga</p>	<p>9</p> <p>8:45 Oldies Sweatin' Council on Aging</p> <p>9:30 Gentle Yoga</p> <p>10:00 Chair Yoga</p> <p><b>1:00 ARTful Making</b></p> <p>1:00 Pitch</p> <p>2:00 Senior Social at west Dairy Queen</p>	<p>10</p> <p>8:30 Foot Care</p> <p><b>9:30 Coffee Talk w/ Mathis PT</b></p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p>1:00 Hand &amp; Foot/Canasta</p> <p>1:00 Line Dancing</p> <p><b>1:30 Chisholm Trail</b></p>	<p>11</p> <p>8:45 Oldies Sweatin' Stitch Therapy</p> <p>9:00 AARP Board</p> <p>10:00 Gentle Yoga</p> <p>11:00 Chair Yoga</p> <p>11:00 Eyeglass Cleaning &amp; Adjustments</p> <p>11:30 Blood Pressure Checks &amp; Hearing Aid Cleanings</p> <p>1:00 Bunco/Pinochle</p>	<p>12</p> <p>9:15 Advanced Strength Training</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p>12:45 Sewing Angel</p> <p>12:45 Center Singers</p> <p>1:00 Texas Hold 'Em</p>
<p>15</p> <p>9:15 Advanced Strength Training</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p><b>11:00 CSFP Food Box Pick-up &amp; Delivery</b></p> <p>12:30 Bridge</p> <p><b>12:45 Green Book</b></p> <p>1:00 Duplicate Bridge</p> <p>1:00 Art Studio</p> <p>5:30 Monday Yoga</p>	<p>16</p> <p>8:45 Oldies Sweatin' Gentle Yoga</p> <p>10:00 Chair Yoga</p> <p><b>1:00 Building of Tuttle Creek Dam</b></p> <p>1:00 Pitch</p> <p>1:00 VIP Book Group</p> <p>2:00 VIP Support Group</p>	<p>17</p> <p>8:30 Footcare</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p><b>12:45 Medicare 101</b></p> <p>1:00 Hand &amp; Foot/Canasta</p> <p>1:00 Line Dancing</p>	<p>18</p> <p>8:45 Oldies Sweatin' AARP</p> <p>9:00 Stitch Therapy</p> <p>10:00 Gentle Yoga</p> <p>11:00 Chair Yoga</p> <p><b>11:00 ARTful Memories</b></p> <p>1:00 Pinochle/Bunco</p> <p>3:00 Afternoon Appetizers</p>	<p>19</p> <p>9:15 Advanced Strength Training</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Center Board Meeting</p> <p>12:30 Bridge</p> <p>12:45 Center Singers</p>
<p>22</p> <p>9:15 Advanced Strength Training</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p><b>12:45 Fireproof</b></p> <p>1:00 Duplicate Bridge</p> <p>1:00 Art Studio</p> <p>5:30 Monday Yoga</p>	<p>23</p> <p>8:45 Oldies Sweatin' Gentle Yoga</p> <p>10:00 Chair Yoga</p> <p>1:00 Pitch</p> <p><b>1:00 Crocheting Caps &amp; Camaraderie</b></p>	<p>24</p> <p>8:30 Foot Care</p> <p><b>9:30 Coffee Talk w/ Mathis PT</b></p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p>1:00 Hand &amp; Foot/Canasta</p> <p>1:00 Line Dancing</p>	<p>25</p> <p>8:45 Oldies Sweatin' Stitch Therapy</p> <p>9:00 Gentle Yoga</p> <p>11:00 Chair Yoga</p> <p><b>11:45 Lunch Bunch</b></p> <p>1:00 Pinochle/Bunco</p>	<p>26</p> <p>9:15 Advanced Strength Training</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p>12:45 Sewing Angel</p> <p>12:45 Center Singers</p> <p>1:00 Texas Hold 'Em</p>
<p>29</p> <p>9:15 Advanced Strength Training</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p><b>12:45 Little Women</b></p> <p>1:00 Duplicate Bridge</p> <p>1:00 Art Studio</p> <p>5:30 Monday Yoga</p>	<p>30</p> <p>8:45 Oldies Sweatin' Gentle Yoga</p> <p>10:00 Chair Yoga</p> <p>1:00 Pitch</p>	<p>31</p> <p>8:30 Foot Care</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p>1:00 Hand &amp; Foot/Canasta</p> <p>1:00 Line Dancing</p> <p>2:00 <b>Ice Cream Social</b></p>	<p><small>MEMBER FDIC   EQUAL HOUSING LENDER</small></p> <p><b>It's all about CONVENIENCE</b></p> <p><b>It's all about COMMUNITY</b></p> <p><b>It's all about YOU!</b></p> <p><small>KS StateBank supports the activities, mailings and services of the Seniors' Service Center.</small></p> <p><b>StateBank</b> ksstatebank.com</p> <p><b>Westloop   Downtown   Aggieville   Highway 24   785-587-4000</b></p>	