




Meals on Wheels delivers to those who can't join us at the Center Call 388-4711 for more information		Belgrade Senior Center July 2019 Activities				92 E. Cameron Ave Belgrade, MT 59714 388-4711	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 9 am Movement in Motion 12:30 pm Scrabble 12:30 Cribbage	2 9 am Yoga 10 am Full Body Exercise 12:30 pm Hand & Foot	3 9 am Movement in Motion 9 am Needleaires Food Pantry 12:45 Walking Club	4 Closed	5 8 am Yoga 9 am Movement in Motion 12:30 Pinochle	6 	
7	8 9 am Movement in Motion 12:30 pm Scrabble 12:30 Cribbage	9 8 am Couch to 5K Walking 9 am Yoga 10 am Full Body Exercise 12:30 pm Hand & Foot <u>11:30 am Red Rockers @ 4-Corners Cafe</u>	10 9 am Movement in Motion 9 am Needleaires Food Pantry 12:45 Walking Club	11 8:30 am Pinochle 12:45 pm Bingo	12 8 am Yoga 9 am Movement in Motion 12:30 Pinochle	13 8:30-12:30 AARP Driver Safety Course: Call the Center to sign up.	
14 	15 9 am Movement in Motion 12:30 pm Scrabble 12:30 Cribbage	16 8 am Couch to 5K Walking 9 am Yoga 10 am Full Body Exercise 12:30 pm Hand & Foot Baby Shower for Andi Salsbury following lunch. 2:00 Computer Class	17 9 am Movement in Motion 9 am Needleaires Food Pantry 12:45 Walking Club	18 8:30 am Pinochle 12:45 pm Bingo 2:00 CAMPING TRIP	19 8 am Yoga 9 am Movement in Motion 12:30 Pinochle CAMPING TRIP	20 Quilters Day 11:00: CAMPING TRIP ENDS	
21	22 9 am Movement in Motion <u>1 pm Board Meeting</u>	23 8 am Couch to 5K Walking 9 am Yoga 10 am Full Body Exercise 12:30 pm Hand & Foot	24 9 am Movement in Motion 9 am Needleaires Food Pantry 12:45 Walking Club	25 8:30 am Pinochle 12:45 pm Bingo Blood Pressure Check 7- 8:30 am Breakfast Club	26 8 am Yoga 9 am Movement in Motion 12:30 Pinochle Around the World: South Africa	27	

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12:30 pm Scrabble
12:30 Cribbage

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9 am Yoga
10 am Full Body Exercise
12:30 pm Hand & Foot

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9 am Movement in Motion
9 am Needleaires
Food Pantry
10:00 Walking Club

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