

## Belgrade Senior Center – July 2021 Activities

Activities may change without notice.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 9:30 Full Body Workout 12:00 Lunch 12:45: Bingo	2 9:00 Walking Group 12:00 Lunch	3
4	5 9:00 Walking Group 10:30 Line Dancing <b>12:00 4<sup>th</sup> of July BBQ</b> 12:30 Pinochle	6 9:30 Full Body Workout 12:00 Lunch	7 9:00 Hand & Foot 9:00 Walking Group 12:00 Lunch 12:30 Zumba	8 9:30 Full Body Workout 12:00 Lunch 12:45: Bingo	9 9:00 Walking Group 9:00 Needleaires 12:00 Lunch	10
11	12 9:00 Walking Group 10:30 Line Dancing 12:00 Lunch 12:30 Pinochle	13 9:30 Full Body Workout 12:00 Lunch	14 9:00: Hand & Foot 9:00 Walking Group 12:00 Lunch 12:30 Zumba	15 9:30 Full Body Workout 12:00 Lunch 12:45: Bingo	16 9:00 Walking Group 9:00 Needleaires 12:00 Lunch	17
18	19 9:00 Walking Group 10:30 Line Dancing 12:00 Lunch <b>12:30: Monthly Board Meeting</b>	20 9:30 Full Body Workout 12:00 Lunch	21 9:00: Hand & Foot 9:00 Walking Group <b>12:00 July Birthday Lunch</b> 12:30 Zumba	22 9:30 Full Body Workout 12:00 Lunch 12:45: Bingo	23 9:00 Walking Group 9:00 Needleaires 12:00 Lunch	24
25	26 9:00 Walking Group 10:30 Line Dancing 12:00 Lunch 12:30 Pinochle	27 9:30 Full Body Workout 12:00 Lunch	28 9:00: Hand & Foot 9:00 Walking Group 12:00 Lunch 12:30 Zumba	29 9:30 Full Body Workout 12:00 Lunch 12:45: Bingo	30 9:00 Walking Group 9:00 Needleaires 12:00 Lunch	31