

## Belgrade Senior Center –July 2022 Activities

Activities may change without notice.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 9:00 Full Body Workout 10:00 Needleaires 12:00 Lunch	2
3	4 Closed for 4 <sup>th</sup> of July 	5 9:30 Full Body Workout 12:00 Lunch 12:45 Art Together	6 8:30 Pinochle 12:00 Lunch 1:00 Zumba	7 9:30 Full Body Workout 12:00 Lunch 12:45-1:30 Sing Along	8 9:00 Full Body Workout 9:00 Needleaires 12:00 Lunch	9
10	11 <b>Camping Trip</b> 9:00 Full Body Workout 10:15 Line Dancing 12:00 Lunch 12:30 Pinochle	12 <b>Camping Trip</b> 9:30 Full Body Workout 12:00 Lunch 12:45 Art Together	13 <b>Camping Trip</b> 8:30 Pinochle 12:00 Lunch 1:00 Zumba	14 <b>Camping Trip</b> 9:30 Full Body Workout 12:00 Lunch 12:45-1:30 Sing Along	15 9:00 Full Body Workout 9:00 Needleaires	16
17	18 9:00 Full Body Workout 10:15 Line Dancing 12:00 Lunch & Blood Pressure Check 12:45 Pinochle	19 9:30 Full Body Workout 12:00 Lunch 12:45 Art Together	20 8:30 Pinochle 12:00 <b>July Birthday Lunch</b> 1:00 Zumba	21 9:30 Full Body Workout 12:00 Lunch 12:45-1:30 Sing Along	22 9:00 Full Body Workout 9:00 Needleaires <b>1:00 Cooking Class TBA</b>	23 Quilting Day!
24	25 9:00 Full Body Workout 10:15 Line Dancing 12:30 Pinochle	26 9:30 Full Body Workout 12:00 Lunch 12:45 Art Together	27 8:30 Pinochle 12:00 Lunch 1:00 Zumba	28 <b>7:00-8:30 Breakfast Club</b> 9:30 Full Body Workout 12:00 Lunch 12:45-1:30 Sing Along	29 9:00 Full Body Workout 9:00 Needleaires	