



# JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1
2	<del>Closed</del> 3	Coffee/tea 10 4 2pm Tai chi	Exercise 5 10: Tai chi 1pm Shenzhen w/ Lisa	GJ trip 6 9am Tai chi	Exercise 7 movement w/ Becky	8
9	Exercise 10 Bingo 9:30	Coffee/tea 11 2pm Tai chi	Exercise 12 10 Tai chi w/ Dhiana 1pm Shenzhen	High line 13 State Park Picnic & potluck	Exercise 14 movement w/ Becky	15
Craft camp 16 M-F 10-11am tribal face mask	Exercise 17	Get up & GO 18 9-10 2pm Tai chi	Exercise 19 10 Tai chi w/ Dhiana 1pm Shenzhen w/ Lisa	dam Tai chi 20	Exercise 21 easy movement w/ Becker	22
23	<del>Closed</del> 24	Coffee/tea 25 2pm Tai chi	BOOK CLUB 26 @ 10am Tai chi w/ Dhiana Shenzhen w/ Lisa	9 Tai chi 27 w/ Yordy	Exercise 28 movement w/ Becky afternoon matinee	29
30	Exercise 31 Bingo 9:30	1	Exercise 2	3	Exercise 4 easy movement w/ Becky	5

Homework

Holidays and Observances: 4: Independence Day

Cards are played everyday after lunch (hand & foot canasta)  
 Wednesdays after lunch - various card or board games in the library