

July 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 12:30p Bereavement
2 Clubhouse Closed	3 8a Water Aerobics 11a Fitness 1p Shanghai 1p Poker 2p Cardio Line Dancing 6:30p Water Aerobics 6:30p Country Western Practice	4 11:30am Indoor Picnic 	5 8a Water Aerobics 10a Fitness 1p Canasta 1p Sewing Group 1p Hands & Foot 6:30p Belles Mtg 6:30p Men's Mtg 6:30p Tx Holdem Poker	6 10a Walk Aerobics 1p Chair Exercise 1p Duplicate Bridge 1p Poker 1p Asian Mahjong 6p Int Line Dancing 6:30p Water Aerobics 6:30p Mexican Train	7 Happy B-day Rickie 8a Water Aerobics 10a Fitness 1p Rummikub 1p Ladies Night In setup 2p Art Group 3p Beg Line Dancing 6:30p Shanghai	8 6:30p Ladies Night In
9 Clubhouse Closed	10 8a Water Aerobics 11a Fitness 1p Shanghai 1p Poker 2p Cardio Line Dancing 6:30p Water Aerobics	11 11a Chair Exercise 1p Duplicate Bridge 1p Shanghai 6p Poker Night 6:30p Water Aerobics 6:30p Hands & Foot	12 8a Water Aerobics 10a Fitness 12:45p Bunco 1p Canasta 1p Sewing Group 1p Hands & Foot 6:30p TEC Mtg 6:30p Tx Holdem Poker	13 10a Walk Aerobics 1p Chair Exercise 1p Duplicate Bridge 1p Poker 1p Asian Mahjong 6p Int Line Dancing 6:30p Water Aerobics 6:30p Mexican Train	14 8a Water Aerobics 10a Fitness 12:45p Birthday Cake 1p Rummikub 2p Art Group 3p Beg. Line Dancing 6:30p Shanghai	15 Happy B-day Laura 10a Walk Aerobics 11a Cardio Line Dancing
16 Clubhouse Closed	17 8a Water Aerobics 11a Fitness 1p Shanghai 1p Poker 2p Cardio Line Dancing DINING OUT 6:30p Water Aerobics 6:30p Country Western Practice	18 11a Chair Exercise 1p Duplicate Bridge 1p Shanghai 6p Poker Night 6:30p Water Aerobics 6:30p Hands & Foot	19 8a Water Aerobics 10a Fitness 1p Canasta 1p Hands & Foot 1p Sewing Group 6:30p Travel Mtg 6:30p Tx Holdem Poker	20 10a Walk Aerobics 1p Chair Exercise 1p Duplicate Bridge 1p Poker 1p Asian Mahjong 6p Int Line Dancing 6:30p Water Aerobics 6:30p Mexican Train	21 8a Water Aerobics 10a Fitness 1p Rummikub 1p Karaoke Set up 2p Art Group 6:30p Shanghai	22 7p Karaoke Night 
23 Clubhouse Closed	24 8a Water Aerobics 11a Fitness 1p Shanghai 1p Poker 2p Cardio Line Dancing 6:30p Water Aerobics	25 11a Chair Exercise 1p Duplicate Bridge 1p Shanghai 5p Sewing Group (for VETS) 6p Poker Night 6:30p Water Aerobics 6p Hands & Foot	26 8a Water Aerobics 10a Fitness 1p Canasta 1p Sewing Group 1p Hands & Foot 3p Board Mtg 6:30p Tx Holdem Poker 6:45p Bunco	27 10a Walk Aerobics 11a Chair Exercise 1p Poker 1p Asian Mahjong 6:30p Water Aerobics 6:30p Mexican Train	28 8a Water Aerobics 1p Rummikub 2p Art Group 6:30p Shanghai	29 10a Walk Aerobics 11a Cardio Line Dancing
30 Carolina 's 5 year Work Anniversary 						