



July 2026



Monday		Tuesday		Wednesday	Thursday	Friday
				1 1:00 Cribbage 	2 9:00 Tai Chi 10:30 Creative Expression	3 9:00 Arthritis Exercise 6:00 Game Night
6 1:00 BINGO 	7 9:00 Arthritis Exercise 1:00 Mah Jongg 	8 10:30 Crafting Buddies 1:00 Cribbage 	9 9:00 Tai Chi 1:00 Music w/ Deb Hampson & Friends	10 9:00 Arthritis Exercise 6:00 Game Night		
13 1:00 BINGO 	14 9:00 Arthritis Exercise 10:30 Music w/ Barry Hayes 1:00 Mah Jongg 	15 1:00 Cribbage 	16 9:00 Tai Chi 10:30 Creative Expression 1:00 Music w/ Willie Edwards & Friends	17 9:00 Arthritis Exercise 6:00 Game Night		
20 1:00 BINGO 	21 9:00 Arthritis Exercise 1:00 Mah Jongg 	22 10:30 Fiber Buddies 1:00 Cribbage 	23 9:00 Tai Chi 12:30 Informational Talk on Genetic Testing	24 9:00 Arthritis Exercise 6:00 Game Night		
27 1:00 SUPER BINGO BINGO!	28 Foot Clinic Day-reservation required 9:00 Arthritis Exercise 1:00 Mah Jongg 	29 12:30 TRIP - Jean's Playhouse 1:00 Cribbage 	30 9:00 Tai Chi 1:00 Ice Cream Social	31 9:00 Arthritis Exercise 6:00 Game Night		

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 Kimberly White - Executive Director