

# July 2024 Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 8:00-4:30 Walking Path 9:30 Cardio Drum	<b>2</b> 8:00-4:30 Walking Path 9:30 Made By Hand 10:15 Sr. Exercise 12:30 Hand n' Foot 1:00 Mah-jongg 1:00 Senior Sing-Along at Lowell Center	<b>3</b> 8:00-4:30 Walking Path 9:30 Cardio Drum 10:00 Rummikub 1:00 Advanced Line Dance	<b>4</b>  <b>CLOSED</b>  In Observance of Independence Day	<b>5</b> 8:00-4:30 Walking Path 10:15 Sr. Exercise 11:00 Ukulele 11:00 Women's Billiards 1:00 Sheepshead	<b>6</b>
<b>7</b>	<b>8</b> 8:00-4:30 Walking Path 9:00 Kayak Float 9:30 Cardio Drum	<b>9</b> 8:00-4:30 Walking Path 8:30 Resist Chairs <b>9:30 Coffee with The Mayor</b> 9:30 Made By Hand 10:15 Sr. Exercise 12:30 Hand n' Foot 1:00 Mah-jongg 2:00 Senior Sing-Along at Renaissance	<b>10</b> 8:00-4:30 Walking Path 9:30 Cardio Drum 1:00 Advanced Line Dance <b>1:00 Mini Golf – Newmans</b>	<b>11</b> 8:00-4:30 Walking Path 9:00 Line Dance 9:00 WRASCA Board Meeting <b>12:05 Rafter's Baseball Game</b> 12:30 Bridge 1:00 Mah-jongg <b>1:00 Puzzle Palooza</b>	<b>12</b> 8:00-4:30 Walking Path 10:15 Sr. Exercise 11:00 Ukulele 11:00 Women's Billiards 1:00 Sheepshead	<b>13</b>
<b>14</b>	<b>15</b> 8:00-4:30 Walking Path 9:30 Cardio Drum	<b>16</b> 8:00-4:30 Walking Path 8:30 Resist Chairs 9:30 Made By Hand 12:30 Hand n' Foot 1:00 Mah-jongg 2:00 Senior Sing-Along at Wis Rapids Health Services	<b>17</b> 8:00-4:30 Walking Path 9:30 Cardio Drum 10:00 Rummikub 1:00 Advanced Line Dance <b>1:00 Mini Golf – Newmans</b>	<b>18</b> 8:00-4:30 Walking Path 9:00 Line Dance 9:30 Garden Club 1:00 Mah-jongg 1:30 Bingo	<b>19</b> 8:00-4:30 Walking Path 10:15 Sr. Exercise 11:00 Ukulele 11:00 Women's Billiards 1:00 Lowell Center Writers 1:00 Sheepshead	<b>20</b>
<b>21</b>	<b>22</b> 8:00-4:30 Walking Path 9:30 Cardio Drum 10:30 Card Workshop <b>1:30 Book Club: "Lessons In Chemistry"</b>	<b>23</b> 8:00-4:30 Walking Path 8:30 Resist Chairs 9:30 Made By Hand 10:15 Sr. Exercise 12:30 Hand n' Foot 1:00 Mah-jongg 2:00 Senior Sing-Along at Our House On 12th Street	<b>24</b> 8:00-4:30 Walking Path 9:30 Cardio Drum 1:00 Advanced Line Dance <b>1:00 Mini Golf – White Sands</b>	<b>25</b> 8:00-4:30 Walking Path 9:00 Line Dance 12:30 Bridge 1:00 Mah-jongg <b>1:00 Silver Cinema - "On A Wing And A Prayer"</b>	<b>26</b> 8:00-4:30 Walking Path 10:15 Sr. Exercise 11:00 Ukulele 11:00 Women's Billiards 1:00 Sheepshead	<b>27</b>
<b>28</b>	<b>29</b> 8:00-4:30 Walking Path 9:30 Cardio Drum	<b>30</b> 8:00-4:30 Walking Path 8:30 Resist Chairs 9:30 Made By Hand 10:15 Sr. Exercise <b>11:00 Pre-Planning Needs with Herman Taylor Funeral Home</b> 12:30 Hand n' Foot 1:00 Mah-jongg 2:00 Senior Sing-Along at Cranberry Court	<b>31</b> 8:00-4:30 Walking Path 9:30 Cardio Drum <b>11:00 Premier Travel Show – San Antonio</b> 1:00 Advanced Line Dance <b>1:00 Mini Golf – White Sands</b>			