

July 2026

			1 Birthday Dinner 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 BP Checks 12:00 Pinochle 3:00 Balance	2 Medicare by appointment 9:00 Balance Exercise 10:15 Chair Yoga Noon Class of '69 4:15 Tai Chi 7:00 Model A Club	3 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet 4:00 Duck Burgers, Music & Walker Parade	 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
5 Sunday Dinner 11 a.m. to 1 p.m.	6 Ford Retirees 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Dancing 3:00 Balance	7 Class of '58 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers 7:00 Coin Club	8 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 1:30 Movie 3:00 Balance 5:00 Trivia w/JoAnn aka Mikie and Louise	9 Medicare by appointment 9:00 Balance Exercise 10:15 Chair Yoga 11:30 Library in Motion 1:30 Habits for Health 4:15 Tai Chi 4:30 Let's Talk Health with Maurine	10 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet	11 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
12 Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m.	13 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Writing with Betsy 1:00 Dancing / 3:00 Balance	14 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers	15 Class of '67 BK 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	16 Medicare by appointment 9:00 Balance Exercise 10:15 Chair Yoga 3:00 Craft— Sign up 4:15 Tai Chi	17 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet	18 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
19 Sunday Dinner 11 a.m. to 1 p.m.	20 Newsletter Crew 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics Noon Classes of '65 & '66 12:00 Pinochle 1:00 Dancing / 3:00 Balance	21 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers	22 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	23 Medicare by appointment 9:00 Balance Exercise 10:15 Chair Yoga 11:30 Health Odyssey 1:00 Book Club 2:00 Writing 4:15 Tai Chi	24 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet 4:00 Purse Auction	25 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
26 \$6 BBQ RIB Dinner 11 to 1 p.m.	27 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Dancing 3:00 Balance	28 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers	29 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	30 Medicare by appointment 9:00 Balance Exercise 10:15 Chair Yoga 4:15 Tai Chi	31 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet	 734-241-0404