

July Activities

95 N. 300 W. Hurricane 435-635-2089

3-Jul	4-Jul	5-Jul	6-Jul
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Tai Chi 1:30	Closed for Holiday	Billiards 9:00-3:00 Video Sit Fit 11:00 Dixie Can Do's to entertain @ lunch Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Drawing 101 1:00
10-Jul	11-Jul	12-Jul	13-Jul
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Joint/Knee Presentation Bingo after lunch Tai Chi 1:30	Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi Hansen to entertain @ lunch	Billiards 9:00-3:00 Video Sit Fit 11:00 Nutrition Class 11:00 Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Neck & Shoulder Massage Drawing 101 1:00 Knitting/Crochet 1:00
17-Jul	18-Jul	19-Jul	20-Jul
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Tai Chi 1:30	Billiards 9:00-3:00 Video Tai Chi 10:00 Nail-trim for feet 10:00 Hand & Foot Cards 1:00	Video Sit Fit 11:00 Health Screening 11:00 Nutrition Class 11:00 Dixie Can Do's to entertain @ lunch Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Rob Goulding to entertain @ lunch Drawing 101 1:00
24-Jul	25-Jul	26-Jul	27-Jul
Closed for Holiday	Billiards 9:00-3:00 Video Tai Chi 10:00 Hand & Foot Cards 1:00	Billiards 9:00-3:00 Video Sit Fit 11:00 Nutrition Class 11:00 Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Knitting/Crochet 1:00 Drawing 101 1:00 Birthday Celebration
31-Jul			
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Tai Chi 1:30			

Thrift Store is Open Mon-Thurs 10:00 am to 2:00 pm