

Monday	Tuesday	Wednesday	Thursday	Friday
<b>July</b>	<b>1</b> 10:00 Yoga 12:30 Program Meeting 1:00 Water Aerobics 2:00 Open Sewing	<b>2</b> 1:00 Beading Instruction With Wilma	<b>3</b> 1:00 Ceramics	<b>4</b> 
<b>7</b> 9:00 Massage Therapy Planning Day No Programs Today 	<b>8</b> 10:00 Yoga 1:00 Water Aerobics 1:00 Corn Hole Tournament	<b>9</b> 1:00 Beading Instruction With Wilma	<b>10</b> 9:00 Salon Appointments 12:00 <i>BEACH DAY</i> <i>GREEN LAKES</i> 	<b>11</b> 9:00 Hillcrest Lavender Farm Make a wreath and Lunch
<b>14</b> 11:00 Water Biking and Lunch at The Cove Sylvan Beach	<b>15</b> 10:00 Yoga 1:00 Water Aerobics 10:30 Brunch and a Movie At Marquee Cinema	<b>16</b> 9:00 Swistak Blue Berry Picking 1:00 Beading Instruction With Wilma	<b>17</b> 9:00 Salon Appointments 9:00 Regional Market 1:00 Ceramics	<b>18</b> 1:00 Bowling at Green lakes lanes
<b>21</b> 10:00 Pickle Ball TSCR Dome	<b>22</b> 10:00 Yoga 1:00 Water Aerobics 9:30 Uncle Sam Boat Tour with Lunch Buffet and Castle Tour - Alexandria Bay	<b>23</b> 1:00 Beading Instruction With Wilma	<b>24</b> 9:00 Salon Appointments 1:00 Healthy for Life with Carrie with SNAP-ED I interactive Lesson and food Demo	<b>25</b> 1:00 Monthly Bingo
<b>28</b> 10:30 TSCR Bingo	<b>29</b> 10:00 Yoga 1:00 Water Aerobics 2:00 Open Sewing	<b>30</b> 1:00 Beading Instruction With Wilma	<b>31</b> 9:00 Salon Appointments 1:00 Ceramics	