

JULY 2023



Just believe, Uplift others, Love yourself, You got this!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8:30 RA COFFEE & DONUTS 12:30 RA Pinochle
2 1:00 Sunday Believers' with Paul Belfort	3 9:30 Walker's Club 11:00 Energetic Exercise 1:00 MOVIE 3:00 Meditation 6:00 RA Bingo	4 Independence Day OFFICE CLOSED - Happy July 4th	5 9:30 Walker's Club 10:00 BANKS/ PHARMACIES 10:00 Bingo - Oak St. Health 11:30 ZUMBA with Anna - CANCELED 12:30 Bible Study 1:15 CLINIC: BP Checks 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks/IceCream Sales 3:00 Meditation	6 10:00 GIANT 10:00 Life Bio 11:00 Fit4Life with Dana - CANCELED 11:00 Painting with a Twist 12:30 Second Harvest 1:00 Mobile Market 2:00 Church (Spanish) 3:00 Meditation- Exercise Room	7 9:30 Walker's Club 10:00 Meditation 11:00 Energetic Exercise 11:00 FAOUZI'S 1:30 SPEAKER: Pain and Fall Prevention	8
9 11:00 Sunday Praise with David Garcia - CANCELED IN JULY 1:00 Sunday Believers' with Paul Belfort	10 9:30 Walker's Club 10:00 DOLLAR TREE 11:00 ENTERTAINMENT: Flautist 11:00 Energetic Exercise - In Person Only 1:00 LM MOVIE - In Person 2:00 WALMART 3:00 Meditation 6:00 RA Bingo	11 11:00 Everybody's Yoga with Dana - In Person Only 11:00 SPEAKER: Cremation 1:00 Ice Cream Social 2:00 GENERAL MEETING 3:00 Meditation	12 9:30 Walker's Club - CANCELED 11:30 ZUMBA with Anna - CANCELED 12:30 Bible Study 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks/IceCream Sales 2:00 WEGMANS 3:00 Meditation- CANCELED	13 9:00 SILVER BIRCHES 10:00 Life Bio 10:00 Sculpture Painting with Oak St. Health 11:00 Fit4Life with Dana 1:00 Mobile Market 2:00 Church 3:00 Meditation- CANCELED	14 9:30 Walker's Club 10:00 Meditation - CANCELED 11:00 Energetic Exercise - CANCELED 12:00 SPEAKER: It's OK to ask for Help 12:30 CLINIC: OAA Podiatry	15

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16 1:00 Sunday Believers' with Paul Belfort	17 9:30 Walker's Club 10:00 BANKS 11:00 Energetic Exercise 1:00 MOVIE 2:00 TARGET 3:00 Meditation 6:00 RA Bingo	18 10:00 VALLEY FARM MKT 11:00 Everybody's Yoga with Dana 2:00 Snacks/IceCream Sales 3:00 Meditation	19 9:30 Walker's Club 11:30 ZUMBA with Anna 12:30 Bible Study 2:00 JEOPARDY - Game Day 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks/IceCream Sales 3:00 Meditation 3:30 MAD DOGS	20 9:00 CLINIC: Eye 10:00 Life Bio 11:00 Fit4Life with Dana 1:00 Mobile Market 2:00 Church 3:00 Meditation- Exercise Room	21 9:30 SUPERIOR RESTAURANT 9:30 Walker's Club 10:00 Meditation 11:00 Energetic Exercise	22
23 1:00 Sunday Believers' with Paul Belfort	24 9:30 Walker's Club 10:00 BINGO with Oak St. Health 11:00 Energetic Exercise 1:00 MOVIE 3:00 CUZIN'S 3:00 Meditation 6:00 RA Bingo	25 10:00 WEIS 11:00 Everybody's Yoga with Dana 2:00 Church 3:00 Meditation	26 10:00 Walker's Club Van Trip 11:30 ZUMBA with Anna 12:30 Bible Study 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks/IceCream Sales 3:00 Meditation	27 10:00 Life Bio 11:00 Fit4Life with Dana 12:00 BAYOU 1:00 Mobile Market 2:00 Church 3:00 Meditation- Exercise Room	28 9:30 Walker's Club 10:00 Meditation 11:00 Energetic Exercise	29
30 1:00 Sunday Believers' with Paul Belfort	31 9:30 Walker's Club 11:00 DINKY'S 11:00 Energetic Exercise 11:30 Cooking with Lyndi 1:00 MOVIE 3:00 Meditation 6:00 RA Bingo					No Staff Birthdays

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