## CALENDAR: HOT DATES

**CLOSED July 4th** – Happy Independence Day
7/5 – Advisory Council - 10:00am-11:00am Community Room
7/7 – Blood Drive – America Red Cross 9:00am-3:00pm
7/7 – Mental Health Services Information Session w/ ONEgeneration’s new Mental Health Clinician, Inyite A. – 10am-11:30am *Sign up at Main Office
7/10 – Bet Tzedek Legal Services Informal Table – 10am-2:30pm
7/11 – Mindfulness Workshops – Mindful Veteran Project - 10am
7/12 – Mental Health Services Assessment Workshop w/ ONEgeneration’s new Mental Health Clinician, Inyite A. – 10am-11:30am *Sign up at Main Office
7/12 – Fall Prevention Presentation & Assessment with Happier Home Care – 1:00pm-3:00pm *Give aways & door prizes
7/20 - “Taking Care of Business: Men’s Health” SCAN Independence 1:00pm Zoom ID: 870 5293 1740 Password: 952207
7/21 – Health & Wellness Friday w/ Joanne – “Healthy Way of Sleeping for Self-Healing” OPTUM Sponsor 9:00am-10:30am
7/28 – Summer Luau Dance–OPTUM Sponsored 1:00pm-3:00pm

### Monday

- **09:30am – 10:30am SilverSneakers Circuit–Monica** Virtual
- **FREE-SilverSneakers Member/$3 fee Non-members** *Please call Main Office for more information*
- **09:00am-10:15am- Chair Yoga – Alison*No Class 7/3** Community Rm
- **09:00am-11:15am- Table Tennis** MP2
- **$2 fee Please pay at the Main Office Window**
- **09:30am-10:30am- Meditation & Breathing-Joanne** *MP3*
- **10:30am-12:00pm- Bingo – Ed** Art Rm
- **01:00pm-2:00pm *NEW* Creative Poetry–King (10th & 24th) Act Rm
- **01:00pm-3:00pm- Cabaret- *Closed Group* David MP3
- **01:30pm-2:45pm *NEW* Storytelling – Elizabeth(7/17) Activity Rm

### Tuesday

- **09:15am-11:15am- Exercise through Dance** MP2 & MP3 Activity Rm
- **12:00pm-2:00pm *NEW* Board Games** MP3 Activity Rm
- **01:00pm-3:00pm-Tap/Jazz-Arlene** MP1 & 2 Activity Rm
- **01:00pm-3:00pm-Be Fit While U Sit (EBP)-Andree** Community Rm
- **02:00pm-3:00pm- *NEW* Improv – Tim (July 11th)** MP1 Community Rm
- **02:30pm-3:00pm Technology Class** Art Rm
- **Please call to confirm**
- **02:00pm-4:00pm- Knitting & Crochet – Beth** Art Rm

### Wednesday

- **09:30am – 10:30am SilverSneakers Circuit–Veena** Virtual
- **FREE-SilverSneakers Member/$3 fee Non-members** *Please call Main Office for more information*
- **09:00am-10:00am - Line Dancing – Cindy** MP3
- **10:00am-11:00am Zumba-Joanne ($2 Donation)** MP Rm
- **12:30pm-2:00pm - *NEW* Mental Health Wellness Wednesdays (26th)** Title: “Social Isolation” Activity Rm
- **01:00pm-4:30pm - Table Tennis** MP2
- **$2 fee Please pay at the Main Office Window**
- **01:00pm-3:30-Song Birds-*Closed Group* Ellen** MP3
- **01:30pm-3:00- *NEW* Karaoke – Alex (July 5th & 19th)** MP1
- **02:00pm-3:30pm-Unzip Your Lip - Ruthe** Community Rm
- **02:30pm-4:30pm - *NEW* Intermediate Folk Dance Workshop**
- For more information ask main office Activity Rm

### Thursday

- **08:45am-10:00am Yoga – Alison** MP2 & MP3
- **10:15am-11:30am *NEW* Stretch, Exercise & Dance!–Milan MP2 & 3 Activity Rm
- **10:00am-11:30am Building Relationships** Activity Rm
- ***Interested? Ask Main Office for more information***
- **10:00am-11:30am Live Music Sing-a-Long-Alan** Community Room
- **No Class July 6th & July 13th**
- **10:00am-12:00pm Watercolor *July 6th & 20th*** Art Rm
- **12:30pm-2:00pm-Navigating Hope-Donna *No Class 7/6** Activity Rm
- **01:00pm-3:00pm-Tap/Jazz-Arlene** MP3
- **01:00pm-2:30pm- *NEW* Motown Music & Dance-Alex** MP1 & 2 Art Rm
- **02:00-3:00 Technology Class**

### Friday

- **09:00am-11:15am - Table Tennis** MP2
- **$2 fee Please pay at the Main Office Window**
- **10:30am-11:30am-Sit & Sip with Chery*July 14th & 28th** Comm Rm Front Quad
- **11:00am-12:00pm – Friday Zumba with Joanne** MP1 & 2
- **01:00pm-2:00pm-Arthritis Foundation Exercise** Be Fit While U Sit (EBP)-Andree
- **01:00pm-2:00pm- “Let’s Talk Positive Events” – Mitchell** Community
- **02:00pm-3:00pm- *NEW* Spanish - No Class 7/7 & 7/28** Activity Rm
- **02:00pm-4:00pm-Knitting & Crochet – Beth** Art Rm
- **02:00pm-4:00pm-Movie of the Week** MP3
- **$2 fee Please pay at the Main Office Window**
- **02:30pm-3:30pm Country Line Dancing - Michael ($6)** MP1

*Disclaimer: Classroom assignments are subject to change at any time*
**LUNCHES ARE SERVED DAILY AT 11:30**
First Come First Serve
**Thrift Corner Hours 10:00am-2:00pm**
*Fitness Center Open Monday-Friday 8:30am-4:30pm

**07/07/2023 – TRADING PAINT (2019) 1h 27m (R)**
Veteran race car driver Sam Munroe and his son, a fellow driver from a small town overcome family and professional conflicts balancing competition, ego, resentment, and a racing nemesis to come out stronger on the other side.

Cast: John Travolta, Shania Twain....

**07/14/2023 – PENGUIN BLOOM (2020) 1h 35m (TV-14)**
Samantha Bloom breaks her back in an accident and is paralyzed from the chest down. A year later, her children bring home an injured magpie they have found. She cautiously approaches the magpie and begins to get acquainted with the new family member.

Cast: Naomi Watts, Andrew Lincoln

**07/21/2023 – THIS IS WHERE I LEAVE YOU (2014) 1h 43m**
When their father dies, four siblings return home for a week, but mourning quickly takes a back seat to bickering an opportunistic backstabbing.

Cast: Jason Bateman, Tina Fey, Jane Fonda...

**07/28/2023 – NO MOVIE**