

BOYNE AREA SENIOR CENTER ACTIVITIES FOR JULY 2026-KRISTA @ (231)582-6682

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THE BASC IS OPEN FULL-TIME
8am-4pm M, T, TH, F & WED
11am-7pm with activities all day
long! Exercise Room is also
open on these days & times

FOOT CLINIC DATES:
THURSDAY 7/2/26
FRIDAY 7/10/26
TUESDAY 7/21/26
THURSDAY 7/30/26

1. WEDNESDAY NIGHT DINNER:
INDEPENDENCE DAY
CELEBRATION, **MEAL SERVED
4:30pm-5:30pm**, 4pm LIVE MUSIC
BY \$ IN A JUKEBOX

2. **10am MINDFUL MEDITATION**,
**10:30am COFFEE & VINYL ON THE
PATIO**, **12:30pm BINGO**, 1pm
MUSICIAN'S JAM CIRCLE

3. ALL COA CENTERS ARE CLOSED

6. **10am MINDFUL MEDITATION**,
**10:30am BEACHBALL KICKER
EXERCISE CLASS**, **10:45am ROLL-OUT
CLASS**, **12:30pm CARD BINGO**,
1:30pm MIX IT UP EXERCISE HOUR

7. **10am MINDFUL MEDITATION**,
**10:30am COFFEE & VINYL ON THE
PATIO**, **11:15am DROP N' SHOP**,
12:30pm CARD BINGO, **1:30pm
POPCORN & A MOVIE "THAT THING
YOU DO" IN HONOR OF NATIONAL
DAY OF ROCK & ROLL**

8. WEDNESDAY NIGHT DINNER:
MON CHERI NIGHT (CHERRY
THEME), **MEAL SERVED 4:30pm-
5:30pm**, 4pm LIVE MUSIC BY
GAEYLE GERRIE-BOSS OF THE
BOYNE ARTS CENTER

9. **10am MINDFUL MEDITATION**,
**10:30am COFFEE & VINYL ON THE
PATIO**, **11:30am SOURDOUGH POP-
UP SHOP W/CRAFTED BY ALLYSA**,
12:30pm BINGO, **1pm FOOTLOOSE &
VITAMIN D THERAPY CLASS**

10. **10am MINDFUL MEDITATION**, **10am-
3pm MOBILE SECRETARY OF STATE**,
**10:30am BEACHBALL KICKER
EXERCISE CLASS**, **10:45am ROLL-OUT
CLASS**, **11:30am LIVE MUSIC BY
VINTAGE**, **12:30pm BINGO**, 1pm
CHRONIC DISEASE AWARENESS DAY
PRESENTATION

13. **10am MINDFUL MEDITATION**,
**10:30am BEACHBALL KICKER
EXERCISE CLASS**, **10:45am ROLL-OUT
CLASS**, **11:30am LIVE MUSIC BY PAUL
FERRIS**, **12:30pm CARD BINGO**,
1:30pm MIX IT UP EXERCISE HOUR

14. **10am MINDFUL MEDITATION**,
**10:30am COFFEE & VINYL ON THE
PATIO**, **12:30pm CARD BINGO**, **1:30pm
POPCORN & A MOVIE "TWISTER"**

15. WEDNESDAY NIGHT DINNER:
THE GREAT PIE SWAP NIGHT,
MEAL SERVED 4:30pm-5:30pm,
4pm LIVE MUSIC BY LUCKY STARS

16. **10am MINDFUL MEDITATION**,
**10:30am COFFEE & VINYL ON THE
PATIO**, **11:45am SPECIAL TREAT FOR
PEANUT BUTTER & CHOCOLATE
DAY**, **12:30pm BINGO**, **1pm MYSTERY
BINGO**

17. **10am MINDFUL MEDITATION**, **10am-12pm
TECH SUPPORT W/NICK**, **10:30am
BEACHBALL KICKER EXERCISE CLASS**,
10:45am ROLL-OUT CLASS, **11am LIVE
MUSIC BY OJ ADKINS**, 1pm WATER &
SOUND THERAPY PRESENTATION

20. **10am MINDFUL MEDITATION**,
**10:30am BEACHBALL KICKER
EXERCISE CLASS**, **10:45am ROLL-OUT
CLASS**, **12:30pm CARD BINGO**,
1:30pm MIX IT UP EXERCISE HOUR

21. **10am MINDFUL MEDITATION**, **10:30am
COFFEE & VINYL ON THE PATIO**, **11:30am
BLOOD PRESSURE CLINIC**, **11:15am
DROP N'SHOP**, **12:30pm CARD BINGO**,
**1:30pm POPCORN & A MOVIE "FLY ME TO
THE MOON" IN HONOR OF SPACE
EXPLORATION DAY**

22. WEDNESDAY NIGHT DINNER:
SPAGHETTI WESTERN NIGHT,
MEAL SERVED 4:30pm-5:30pm,
4pm LIVE MUSIC BY MICHIGAN
SANDS

23. **10am MINDFUL MEDITATION**,
**10:30am COFFEE & VINYL ON THE
PATIO**, **11:30am SOURDOUGH POP-
UP SHOP W/CRAFTED BY ALLYSA**,
12:30pm BINGO, **1pm FOOTLOOSE &
VITAMIN D THERAPY CLASS**

24. **10am MINDFUL MEDITATION**, **10:30am
BEACHBALL KICKER EXERCISE CLASS**,
10:45am ROLL-OUT CLASS, **11:30am
LIVE MUSIC BY VINTAGE**, **12:30pm
BINGO**, 1pm HOLISTIC THERAPY DAY
PRESENTATION

27. **10am MINDFUL MEDITATION**,
**10:30am BEACHBALL KICKER
EXERCISE CLASS**, **10:45am ROLL-OUT
CLASS**, **12:30pm CARD BINGO**,
1:30pm MIX IT UP EXERCISE HOUR

28. **9:30am VETERAN'S SOCIAL**, **10am
MINDFUL MEDITATION**, **10:30am
COFFEE & VINYL ON THE PATIO**, **11am
BLOOD PRESSURE CLINIC**, **12:30pm
CARD BINGO**, **1:30pm POPCORN & A
MOVIE "WE BOUGHT A ZOO" IN
HONOR OF WORLD NATURE
CONSERVATION DAY**

29. WEDNESDAY NIGHT DINNER:
OLD HOLLYWOOD GLAMOUR
NIGHT, **MEAL SERVED 4:30pm-
5:30pm**, 4pm LIVE MUSIC BY OJ
ADKINS

30. **10am MINDFUL MEDITATION**,
**10:30am COFFEE & VINYL ON THE
PATIO**, **12:30pm BINGO**, 1pm
**FOOTLOOSE & VITAMIN D THERAPY
CLASS**

31. **10am MINDFUL MEDITATION**, **10:30am
BEACHBALL KICKER EXERCISE CLASS**,
10:45am ROLL-OUT CLASS, **11:30am
LIVE MUSIC BY MICHIGAN SANDS**,
12:30pm BINGO, 1pm SUPERFOODS &
YOU PRESENTATION FOR NATIONAL
AVOCADO DAY