



A large, stylized red 'July' is written across the top. Above the 'J' is a blue star, and above the 'y' are three blue stars in a row.

Thomas Sullivan Community Center
351 N. Catherine Street
251-438-7282

Manager: Neda Arnold Hours of Operation: 9:00am-1:00pm

Transportation and Meal Delivery Available

S.A.I.L. CALENDAR

2 Morning Prayer
Basic Computer
Class
Line-Dance
11:30am-12:30pm

3 Morning
Prayer
Exercise
BINGO

4 Closed

5 Morning
Prayer
Chair Exercise
Bible Time-
Testimonies

6 Morning
Prayer
Exercise
BBQ-Hawaiian
Luau

9 Morning Prayer
Basic Computer
Class
Line-Dance
11:30am-12:30pm

10 Morning Prayer
Exercise
Bingo with prizes

11 Morning Prayer
Exercise
Arts and Craft with
Elizabeth

12 Morning Prayer
Chair Exercise
Bible Study

13 Morning Prayer
Exercise
Line Dancing
(Soul-Train)

16 Morning Prayer
Basic Computer
Class
Line-Dance
11:30am-12:30pm

17 Morning Prayer
Exercise
Bingo with prizes

18 Morning
Prayer
Exercise
Table Games

19 Morning Prayer
Chair Exercise
Bible Study

20 Morning Prayer
Exercise
Karaoke

23 Morning Prayer
Basic Computer
Class
Line-Dance
11:30am-12:30pm

24 Morning Prayer
Exercise
Bingo with prizes

25 Morning Prayer
Stretch and
Relax
Price is Right

26 Morning Prayer
Chair Exercise
Bible Study

27 Morning Prayer
Exercise
Can you Get It?

30 Morning Prayer
Basic Computer
Class
Line-Dance 11:30

31 Morning Prayer
Exercise
Bingo with prizes

Senior Activities of Independent Living