

Newburgh Senior Center Activities

July 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 *10:00 Knitting *11:00 Arthritis Stretch *Noon-Bingo-Leslye-Sterling House	2 *10:30 Yoga with "O" *Noon-Bingo-Cypress Grove	3 *9:30, 10:00 Tai Chi *Noon Piano-Suzette Ewer *12:30 SWIRCA Exercise	4 Independence Day Closed *Fireworks 9pm Riverfront	5
6	7 *11:00 Exercise *Noon-Clabber Club	8 *10:00 Knitting *10:30 Exercise-Lisa Messel-Woodlands *Noon-	9 *10:30 Yoga with "O" *Noon- Rummikub	10 *9:30, 10:00 Tai Chi *12:30 SWIRCA Exercise	11 *11:00 Arthritis Stretch *Noon-Activity with youth volunteer Kulsoom	12
13	14 *11:00 Exercise *Noon-Clabber Club	15 *10:00 Knitting *11:00 Arthritis Stretch *Noon-Bingo-Barbara-PriceLe\$\$ Foods	16 *10:30 Yoga with "O" *Noon-Bingo-Sarah-Woodlands *12:30 Sjogren's Group	17 *9:30, 10:00 Tai Chi *12:30 SWIRCA Exercise	18 *11:00 Arthritis Stretch *Noon-Bingo-Signature-Mackenzie	19
20	21 *11:00 Exercise *Noon-Clabber Club	22 *10:00 Knitting *11:00 Arthritis Stretch *Noon-Bingo-Chloe-Reliable Adult Care	23 *10:30 Yoga with "O" *Noon-Bingo-Justine-River Pointe	24 *9:30, 10:00 Tai Chi *Noon-Nutrition Class *12:30 SWIRCA Exercise	25 *11:00 Arthritis Stretch *Noon- Card-Making with Jane	26
27	28 *11:00 Exercise *Noon-Clabber Club	29 *10:00 Knitting *11:00 Arthritis Stretch *Noon-Medicare Bingo-Melissa	30 *10:30 Yoga with "O" *Noon-Alzheimer's awareness-Carol-Southern Care	31 *9:30, 10:00 Tai Chi *12:30 SWIRCA Exercise		