















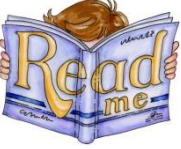








### Daily Activities - maybe

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Chair Volleyball 9:00 Billiards/ Donut 9:30 Ceramics all day 9:30 Needle Crafters 11:00 Exercise Class 12:45 Hand & Foot 1:00 Mahjong 1:00 Bingo/Poker	9:00 Billiards 9:30 Painting 12:30 Duplicate Bridge 12:15 Bridge Game-2 1:00 Dominoes 1:00 Arts & Crafts Class	9:00 Chair Volleyball 9:00 Billiards 9:00 Painting Group 9:00 Hand and Foot 11:00 Tai Chi 12:00 Skip Bo 1:00 Bingo 1:00 Poker	8:00 Woodcarvers 8:30 Panera 9:00 Billiards 10:00 Bridge Game 2 12:30 Bridge Game 1 1:00 Bunco/Euchre 1:00 Quilters	9:00 Chair Volleyball 9:00 Billiards/Panera 9:30 Painting / Drawing 11:00 Tai Chi 12:00 Skip Bo 12:30 Pinochle 1:00 Bingo 1:00 Art and Crafts

### Special Things to do in July

Monday	Tuesday	Wednesday	Thursday	Friday
We will do a robo call on Mon. if we have Dunkin Donuts or Thurs. & Fri. For Panera Bread	Place your lunch orders with us ! 402-293-3041 	1 Call a Friend 	2 Write a note for the mailman 	3 <b>NO LUNCH TODAY</b> Wear your red, white and Blue 
6 Call your kids and just say " I love you" 	7 Bake cookies for the police or fire department 	8 Smile at everyone you see today 	9 Knit hats for our winter drive in December 	10 Organize a drawer 
13 Go for a walk 	14 Exercise 	15 Try a new recipe 	16 Sit outside and wave at all the passing cars 	17 Call you grandkids 
20 Play your favorite music 	21 Let the person in line ahead of you go first 	22 Read a book 	23 Go Fishing 	24 Shop a Farmer's market 
27 Donate to the Pantry 	28 Watch your Favorite Movie 	29 Ladies- paint your nails 	30 Dance in your living room 	31 Make a list of what makes you happy 