


Senior Independence Adult Day Care meets Wednesdays, Thursdays & Fridays at 10 am

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		B = Blue Room P = Purple Room G = Green Room C = Clinic New Session		1 8:30 Golf -Pine Ridge 9:30 BP Nurse © 10:15 Strength & Stretch (B) 1-3:30pm Diabetic Manage	2 9:30 Cardio & Core (B) 12:30 Bridge (B)	3
4	5 CLOSED 4th of July Celebration	6 9:00 Morning Painting (P) 10:15 Strength & Stretch (B) 12:30 Afternoon Painting (P)	7 9:30 Cardio & Core (B) Noon Handwork (G) 1:30 Zumba (B)	8 8:30 Golf -Pine Ridge 9:30 BP Nurse © 10:15 Strength & Stretch (B) 1-3:30pm Diabetic Manage	9 9:30 Cardio & Core (B) 12:30 Bridge (B) 12:00 Lunch Bunch Pickle Bills	10
11	12 9:30 Drop in Bridge (G) 9:30 Cardio & Core (B) 12:15 Mahjong (G) 1:00 Manicure/Pedicure © 1:30 Line Dance (P)	13 10:15 Strength & Stretch (B) 9:00 Morning Painting (P) 12:30 Afternoon Painting (P) 1-2:30 Low Vision (B)	14 9:30 Cardio & Core (B) Noon Handwork (G) 1:30 Zumba (B) 2:45 Movie Avitar	15 8:15am Presque Isle Trip 8:30 Golf -Shawnee 9:30 BP Nurse © 10:15 Strength & Stretch (B) 3:30 Caregiver Support (G)	16 9:00 Podiatry © 9:30 Cardio & Core (B) 12:30 Bridge (B)	17
18	19 9:30 Drop in Bridge (G) 9:30 Cardio & Core (B) 10:00 Massage © 12:15 Mahjong (G) 1:30 Line Dance (P)	20 9:00 Morning Painting (P) 10:15 Strength & Stretch (B) 12:30 Afternoon Painting (P) 1:00 Hungarian Club (B)	21 9:30 Cardio & Core (B) 10:00 Dolls for Hillcrest (G) Noon Handwork (G) 12-2PM Summer Cookout	22 10:00 Golf - Manikiki 9:30 BP Nurse © 10:15 Strength & Stretch (B)	23 9:30 Cardio & Core (B) 12:30 Bridge (B)	24
25	26 9:00 Podiatry © 9:30 Drop in Bridge (G) 9:30 Cardio & Core (B) 11:30 Dolls for CPS 1:00 Manicure/Pedicure © 1:30 Line Dance (P)	27 9:00 Morning Painting (P) 10:15 Strength & Stretch (B) 12:30 Afternoon Painting (P)	28 9:30 Cardio & Core (B) 10:30 OSACA (B) Noon Handwork (G) 1:30 Zumba (B) 2:45 Movie (B) Amelia	29 10:00 Golf - Manikiki 9:30 BP Nurse © 10:15 Strength & Stretch (B)	30 9:30 Cardio & Core (B) 12:30 Bridge (B)	31

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