



July Activities 2010



S	Monday	Tuesday	Wednesday	Thurs	Friday	Sa
	<p>* asterisk indicates by appointment</p> <p><i>Underlining Indicate s registration required</i></p>			<p>1</p> <p>Administrative Day</p>	<p>2</p> <p>9:00 Geezers 10:00 Stitchin' in the Kitchen 11:00 Tai Chi 12:30 Gym Walk 1:00 Parkinson's Support Group</p> <p>WEAR RED WHITE AND BLUE DAY!</p>	<p>3</p>
4	<p>5</p> <p>HOLIDAY</p>	<p>6</p> <p>12:30 Gym Walk 1:00 Meditation for Healing</p>	<p>7</p> <p>10:00 Dance for Health 11:00 Blood Pressure Check 1:00 Poker 1:00 Writing for Generations</p>	<p>8</p> <p>Pancake Breakfast Fundraiser 7-9:00 am</p> <p>Administrative Day</p>	<p>9</p> <p>9:00 Geezers 10:00 Chess 10:00 Stitchin' in the Kitchen 11:00 Tai Chi 12:30 Gym Walk 1:00 ASI BOARD Meeting</p>	<p>10</p>
11	<p>12</p> <p>12:30 Gym Walk 12:30 Tessa Michaelson "Readers Digesting" 1:00 Canasta</p>	<p>13</p> <p>10:00 Chair Massage 12:30 Gym Walk 1:00 Meditation for Healing</p>	<p>14</p> <p>10:00 Dance for Health 1:00 Poker 1:30 Art in the Den July Nutrition Education</p>	<p>15</p> <p>Administrative Day</p>	<p>16</p> <p>9:00 Geezers 10:00 Chess 10:00 Stitchin' in the Kitchen 11:00 Tai Chi 12:30 Gym Walk</p>	<p>17</p>
18	<p>19</p> <p>12:30 Gym Walk 12:45 Oscar Dominguez Travelogue 1:00 Canasta</p>	<p>20</p> <p>10:00—1:00 FREE CAR WASH Pagosa Springs Summer Leadership Camp 11:00 Blood Pressure Check 12:30 Gym Walk 1:00 Meditation for Healing</p>	<p>21</p> <p>10:00 Dance for Health 12:45 Sandy Gnos, "SilverSneakers Fitness Program" 1:00 Poker 1:00 Sky Ute Casino</p>	<p>22</p> <p>Administrative Day</p>	<p>23</p> <p>9:00 Geezers 10:00 Chess 10:00 Stitchin' in the Kitchen 10:30 Book Club 11:00 Tai Chi 12:30 Gym Walk</p>	<p>24</p>
25	<p>26</p> <p>12:30 Gym Walk 1:00 Canasta</p>	<p>27</p> <p>12:30 Gym Walk 1:00 Meditation for Healing</p>	<p>28</p> <p>10:00 Dance for Health 1:00 Poker 1:00 Alzheimer's Support Group</p>	<p>29</p> <p>Administrative Day</p>	<p>30</p> <p>9:00 Geezers 10:00 Chess 10:00 Stitchin' in the Kitchen 11:00 Tai Chi 12:30 Gym Walk PICNIC IN THE PARK BIRTHDAY LUNCH!!! Reservations Required</p>	