

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
 <p>HAPPY BIRTHDAY AMERICA 250 YEARS</p>		<p>1 9 - Quilting</p> <p>9 - Bible Study</p> <p>9 - Bridge</p> <p>9 - Crafts Knitting/Crocheting</p> <p>9:45 - Lunch at Sun Drop Café & Shopping at Water's Edge Chocolates - \$9</p> <p>11 - Sevens Card Game</p> <p>12 - Dominoes</p> <p>2 - Rhythmic Drumming</p> <p>2:30 - Chair Yoga</p> <p>2:30 - Trivia</p>	<p>2 9 - Ceramics</p> <p>9 - Chess</p> <p>9 - Floor Yoga</p> <p>10 - Bingo with The Medicare Spot</p> <p>11 - Hand & Foot Canasta</p> <p>11:30 - Dominoes</p> <p>1 - Diamond Art with Geri Brink (\$3 to \$5 per project)</p> <p>2-4 - Ping Pong</p> <p>2 - Healthy Snacks & Making a Trail Mix with Darian from Rutherford Co Health Dept.</p>	<p>3 8:30 - Walking Club</p> <p>11:30 4th of July Picnic & Games</p> <p>1:00 Choir Concert</p> 	
	<p>6 8 - Breakfast with Fran at Cracker Barrel</p> <p>9 - Bridge</p> <p>10 - Bingo with Avenues Home Care</p> <p>11 - Spite & Malice Card Game</p> <p>11 - Sevens Card Game</p> <p>12 - Beginning Mahjong</p> <p>12 - Dominoes</p> <p>12:30 - Mahjong</p> <p>1:30 - Beginning Line Dancing</p> <p>2 - New Member Orientation</p> <p>2 - Line Dancing</p> <p>2 - Cribbage</p> <p>3:15 - Chair Cardio with CenterWell</p>	<p>7 8:30 - Walking Club</p> <p>9 - Water Color</p> <p>10 - Adult Coloring</p> <p>11 - Color Pencil Art</p> <p>11 - Lunch & Learn - Brain Health with Senior Provisions</p> <p>12 - Euchre</p> <p>1:30 - Creative Writing</p> <p>2 - Pinochle</p> <p>3 - Grief Relief with Aveanna Hospice</p> <p>5 - Line Dancing</p>	<p>8 9 - Quilting</p> <p>9 - Bible Study</p> <p>9 - Bridge</p> <p>9 - Crafts Knitting/Crocheting</p> <p>11 - Sevens Card Game</p> <p>11:45 - Lunch Trip to Azalea Court & Smyrna Care Center</p> <p>12 - Dominoes</p> <p>2 - Rhythmic Drumming</p> <p>2:30 - Chair Yoga</p> <p>2:30 - Trivia</p>	<p>9 9 - Ceramics</p> <p>9 - Chess</p> <p>9 - Floor Yoga</p> <p>10 - Bingo with Juan Beraldi Insurance</p> <p>11 - Hand & Foot Canasta</p> <p>11:30 - Dominoes</p> <p>1 - Diamond Art with Geri Brink (\$3 to \$5 per project)</p> <p>2 - Super Bingo with Lindsey from Azalea Court</p> <p>2-4 - Ping Pong</p> <p>5:00 - Bunco - Bring a Finger Food to Share -\$5</p>	<p>10 8:30 - Walking Club</p> 
	<p>13 9 - Bridge</p> <p>10 - Bingo with Smyrna Care Center</p> <p>11 - Spite & Malice Card Game</p> <p>11 - Sevens Card Game</p> <p>12 - Dominoes</p> <p>12:30 - Mahjong</p> <p>1:30 - Beginning Line Dancing</p> <p>2 - Line Dancing</p> <p>3:15 - Chair Cardio with CenterWell</p> 	<p>14 8:30 - Walking Club</p> <p>9 - Water Color</p> <p>11 - Monthly Meeting \$10</p>  <p>1:00 News Update Rutherford County Commissioners</p> <p>5 - Line Dancing</p>	<p>15 9 - Quilting</p> <p>9 - Bible Study</p> <p>9 - Bridge</p> <p>9 - Crafts Knitting/Crocheting</p> <p>11 - Sevens Card Game</p> <p>12 - Dominoes</p> <p>2 - Rhythmic Drumming</p> <p>2:30 - Chair Yoga</p> <p>2:30 - Trivia</p>	<p>16 9 - Ceramics</p> <p>9 - Chess</p> <p>9 - Floor Yoga</p> <p>10 - Bingo with The Pavilion</p> <p>11 - Hand & Foot Canasta</p> <p>11:30 - Dominoes</p> <p>1 - Diamond Art with Geri Brink (\$3 to \$5 per project)</p> <p>2-4 - Ping Pong</p> <p>2 - Snack & Learn - Bule Cao Acupressure Massage</p>	<p>17 8:30 - Walking Club</p>
	<p>20 9 - Bridge</p> <p>10 - Bingo with Core Insurance</p> <p>11 - Spite & Malice Card Game</p> <p>11 - Sevens Card Game</p> <p>12 - Dominoes</p> <p>12:30 - Mahjong</p> <p>1:30 - Beginning Line Dancing</p> <p>2 - Line Dancing</p> <p>3:15 - Chair Cardio with CenterWell</p>	<p>21 8:30 - Walking Club</p> <p>9 - Water Color</p> <p>10 - Adult Coloring</p> <p>11 - Color Pencil Art</p> <p>11 - Lunch & Learn - May Pop Tech with Shayne McAllister</p> <p>12 - Euchre</p> <p>1:30 - Creative Writing</p> <p>2 - Pinochle</p> <p>5 - Line Dancing</p>	<p>22 9 - Quilting</p> <p>9 - Bible Study</p> <p>9 - Bridge</p> <p>9 - Crafts Knitting/Crocheting</p> <p>11 - Sevens Card Game</p> <p>12 - Dominoes</p> <p>2 - Rhythmic Drumming</p> <p>2:30 - Chair Yoga</p> <p>2:30 - Trivia</p> 	<p>23 9 - Ceramics</p> <p>9 - Chess</p> <p>9 - Floor Yoga</p> <p>10 - Bingo with Woodfin Funeral Home</p> <p>11 - Hand & Foot Canasta</p> <p>11:30 - Dominoes</p> <p>1 - Diamond Art with Geri Brink (\$3 to \$5 per project)</p> <p>2-4 - Ping Pong</p> <p>2 - Book Club The Correspondent by Virginia Evans</p> <p>2 - Super Bingo with Ruby from Sims Agency</p>	<p>24 8:30 - Walking Club</p> 
	<p>27 9 - Bridge</p> <p>10 - Bingo with Woodmen Life</p> <p>11 - Spite & Malice Card Game</p> <p>11 - Sevens Card Game</p> <p>12 - Dominoes</p> <p>12:30 - Mahjong</p> <p>1:30 - Beginning Line Dancing</p> <p>2 - Line Dancing</p> <p>3:15 - Chair Cardio with CenterWell</p>	<p>28 8:30 - Walking Club</p> <p>9 - Water Color</p> <p>9:30 - Do You Have Trouble Hearing Phone Conversations? Breakfast Pastries with Peggy - Hamilton CapTel</p> <p>10 - Adult Coloring</p> <p>10 - Lunch & Shopping at Nashville Farmer's Market - \$8</p> <p>11 - Color Pencil Art</p> <p>12 - Euchre</p> <p>2 - Pinochle</p> <p>2 - Super Bingo with Aveanna Hospice</p> <p>5 - Line Dancing</p>	<p>29 9 - Quilting</p> <p>9 - Bible Study</p> <p>9 - Bridge</p> <p>9 - Crafts Knitting/Crocheting</p> <p>11 - Sevens Card Game</p> <p>12 - Dominoes</p> <p>2 - Rhythmic Drumming</p> <p>2:30 - Chair Yoga</p> <p>2:30 - Trivia</p>	<p>30 9 - Ceramics</p> <p>9 - Chess</p> <p>9 - Floor Yoga</p> <p>10 - Bingo with HoneyHill Home Care</p> <p>10:00 - Tai Chi</p> <p>11 - Hand & Foot Canasta</p> <p>11:30 - Dominoes</p> <p>1 - Diamond Art with Geri Brink (\$3 to \$5 per project)</p> <p>2-4 - Ping Pong</p>	<p>31 8:30 - Walking Club</p>