



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SAC Catered Box Lunch Registration Opens Bldg 3, Registration Desk Monday Morning Drawing (5 sessions) 10:30 am-12:30 pm, Bldg 1, Rm 105	2 Mind, Body & Soul Yoga (5 sessions) 9:30-10:30 am, Bldg 3, Rm 301 The Benefits of Exercise for Parkinson's 10-11 am, Bldg 2, Rm 204 Watercolor Workshop (5 sessions) 1-3 pm, Bldg 1, Rm 105	3 Senior Center & Parking Lot Closes at 3 pm.	4 Senior Center Closed in Observance of Independence Day	5 50+ Connections - skip day
8 	9 End of Life Planning with a Death Doula 10-11 am, Bldg 2, Rm 204 Kayaking the Scioto River 10-11:30 am, Griggs Reservoir Park Boat Launch Armchair Travel - Ohio 11 am-Noon, Bldg 1, Rm 104	10 Book Club: <i>The Things They Carried</i> by Tim O'Brien 9:45-11 am, Bldg 1, Rm 104 Zumba Gold (6 sessions) 10:15-11 am, Bldg 2, Rm 205 Read/Watch/Listen: Library E-Resources 12:30-1:30 pm, Bldg 1, Rm 104 Intro to Digital Photo Editing 1-3 pm, Bldg 3, Rm 301 UA Farmers Market 3:30-6:30 pm, 2140 Tremont Rd.	11 Thursday Line Dance (3 sessions) 10-11 am, Bldg 2, Rm 205 Gentle Hatha Yoga (3 sessions) 10-11 am, Bldg 3, Rm 301 Grub Club: Spaghetti Warehouse 11 am-3 pm, Depart Bldg 2	12 Beginners Line Dance (3 sessions) 10-11 am, Bldg 2, Rm 205 History of Ohio: A Time of Transition 10-11 am, Bldg 1, Rm 104
15 Mystery Book Club: <i>The Maid</i> by Nita Prose 2-3 pm, Bldg 2, Café UA Lounge Tai Chi for Health (7 sessions) 4:30-5:30 pm, Bldg 2, Rm 205	16 Hiking Boots & Brunch 8:30 am-12:30 pm Innis Woods Metro Park & Bob Evans SAC Boxed Lunch 11-Noon, Bldg 2, Café UA Net Worth: What is it & How is it Calculated? 11 am-Noon, Bldg 1, Rm 104 A Taste of French Pate 1:30-3 pm, Bldg 2, Rm 204	17 Join the Crowd Source: Volunteering On-Line 12:30-1:30 pm, Bldg 1, Rm 104 Sip & Paint with The Forum at Knightsbridge 2-3 pm, Bldg 1, Rm 105 UA Farmers Market 3:30-6:30 pm, 2140 Tremont Rd.	18 Movie Club: <i>The Hill</i> (PG, 2h 6m) 12:30 pm, Bldg 2, Rm 204 The O.J. Trial - A Travesty of Justice? 1:30-3:30 pm, Bldg 3, Rm 301 Tai Chi for Health (7 sessions) 4:30-5:30 pm, Bldg 2, Rm 205	19 50+ Connections 1 pm, Bldg 1, Rm 104
22 Chill & Swirl: Ice Cream Delight 1-2 pm, Bldg 2, Café UA Fun & Easy Movie Making for iPhone/iPad 1-3 pm, Bldg 3, Rm 301	23	24 My Dogs Are Barking 9:30-11:30 am, Fleet Feet on Lane Avenue Doodles Workshop Noon-3 pm, Bldg 1, Rm 104 UA Farmers Market 3:30-6:30 pm, 2140 Tremont Rd.	25	20 SATURDAY Fit After 50 (6 sessions) 9:30-10:30 am, Bldg 1, Rm 102
29 Aging Strength (5 sessions) 3-3:45 pm, Bldg 1, Rm 102	30	31 Dangles Workshop Noon-3 pm, Bldg 1, Rm 104 UA Farmers Market 3:30-6:30 pm, 2140 Tremont Rd.	Flip this calendar over to see our daily programs.	 JULY 2024