

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Tennis 9:00</p> <p>9:30 Zumba Gold</p> <p>Caring Hands of Johnston 10-3</p> <p>Johnston Sr Adv Board Mtg 1:00 <i>(Public Welcome)</i></p> <p>Movie Monday <i>(Following Lunch)</i></p>	<p>2</p> <p>9:30 Mah Jongg</p> <p>Peaceful Yoga 9:15</p> <p>Adaptive Yoga 10:45</p> <p>Tuesday Trivia 11:00</p>	<p>3</p> <p>Tennis 9:00</p> <p>10:00 Silver Sneakers</p> <p>"Sew-cial" 10-3</p> <p>1:00 Games</p>	<p>4</p> <p>Tai Chi 11:00</p> <p>1:00 Game</p>	<p>5</p> <p>Tennis 9:00</p> <p>Health Main Clinic 9:00-1:30</p> <p>12:30 Bingo</p>
<p>8</p> <p>Tennis 9:00</p> <p>9:30 Zumba Gold</p> <p>Caring Hands of Johnston 10:00 to 3:00</p> <p>Movie Monday <i>(Following Lunch)</i></p>	<p>9</p> <p>9:30 Mah Jongg</p> <p>Peaceful Yoga 9:15</p> <p>Adaptive Yoga 10:45</p> <p>Tuesday Trivia 11:00</p>	<p>10</p> <p>Tennis 9:00</p> <p>10:00 Silver Sneakers</p> <p>"Sew-cial" 10-3</p> <p>1:00 Games</p>	<p>11</p> <p>Tai Chi 11:00</p> <p>1:00 Games</p>	<p>12</p> <p>Tennis 9:00</p> <p>Health Main Clinic 9:00-12:30</p> <p>Guest Speaker Eyerly-Ball <i>(Following Lunch)</i></p> <p>12:30 Bingo</p>
<p>15</p> <p>Tennis 9:00</p> <p>9:30 Zumba Gold</p> <p>Caring Hands of Johnston 10:00 to 3:00</p> <p>Movie Monday <i>(Following Lunch)</i></p>	<p>16</p> <p>9:30 Mah Jongg</p> <p>Peaceful Yoga 9:15</p> <p>Adaptive Yoga 10:45</p> <p>Tuesday Trivia 11:00</p>	<p>17</p> <p>Tennis 9:00</p> <p>10:00 Silver Sneakers</p> <p>"Sew-cial" 10-3</p> <p>1:00 Games</p>	<p>18</p> <p>Tai Chi 11:00</p> <p>1:00 Games</p>	<p>19</p> <p>Tennis 9:00</p> <p>12:30 Bingo</p>
<p>22</p> <p>Tennis 9:00</p> <p>9:30 Zumba Gold</p> <p>Caring Hands of Johnston 10:00 to 3:00</p> <p>Movie Monday <i>(Following Lunch)</i></p>	<p>23</p> <p>9:30 Mah Jongg</p> <p>9:15 Peaceful Yoga</p> <p>10:45 Adaptive Yoga</p> <p>Tuesday Trivia 11:00</p> <p>11:00-12:30 VNS</p>	<p>24</p> <p>Tennis 9:00</p> <p>10:00 Silver Sneakers</p> <p>Music Jam 12:30-2:00</p> <p>"Sew-cial" 10-3</p> <p>1:00 Games</p>	<p>25</p> <p>Tai Chi 11:00</p> <p>1:00 Games</p>	<p>26</p> <p>Tennis 9:00</p> <p>12:30 Bingo</p>
<p>29</p> <p>Tennis 9:00</p> <p>9:30 Zumba Gold</p> <p>Caring Hands of Johnston 10:00 to 3:00</p> <p>Movie Monday <i>(Following Lunch)</i></p>	<p>30</p> <p>9:30 Mah Jongg</p> <p>9:15 Peaceful Yoga</p> <p>10:45 Adaptive Yoga</p> <p>Tuesday Trivia 11:00</p> <p>Paint Class 1:30 - 3:00</p>	<p>JULY ACTIVITY CALENDAR JOHNSTON POLK CO SENIOR CENTER 6300 Pioneer Parkway Johnston, IA Call 251-3707 for reservations <i>Lunch served daily @ 12:00 noon.</i> <i>(Except Fridays, 11:45a.m.)</i></p>		