



July 2019



ACTIVITIES CALENDAR FOR 4 MILE SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00 SIMPLE STRETCH 10:45	2 GAMES 	3 10:00 	4 CLOSED FOR INDEPENDENCE DAY HOLIDAY HAPPY 4TH! 	5 9 - 11:30 BLOOD PRESSURE 10:30 FRESH
8 10:00 SIMPLE STRETCH 10:45	9 GAMES 	10 9-1:00 FOOT CLINIC 10:00 	11 DAVE FACHMAN SUPPLEMENTAL FOODS PEACH PIE	12 9:30 ART DIG 10:30 FRESH
15 10:00 SIMPLE STRETCH 10:45	16 GAMES 	17 9-1:00 FOOT CLINIC 10:00 MIKE KENDALL	18 MELINDA WEETS FRESH CONVERS. 9:30-11:30 APPLE PIE	19 9:30 ART DIG 10:30 FRESH
22 10:00 SIMPLE STRETCH 10:45	23 GAMES 	24 10:00 	25 INVITE YOUR FRIENDS! 12-2 PM OPEN HOUSE SOCIAL FUN & GAMES!! STRAWBERRY/RHUBARB PIE	26 9:30 ART DIG 10:30 FRESH
29 10:00 SIMPLE STRETCH 10:45	30 GAMES 	31 10:00 		

BREAD GIVEAWAY MONDAY AND THURSDAY * A SLICE OF PIE ON THURSDAY!

4 MILE SENIOR CENTER (515)-265-9977

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