




	<p>1 MCOP Support Services 8:30 Ex. Assist. w/Barb G. 10:15 Chair Yoga 10:30 Therapy Dog 10:30/11:45 Enhance Fitness 1:30 Bingo 6:00 Woodcarvers 7:00 Coin Club Natl Ice Cream Sandwich Day</p>	<p>2 Birthdays Dinner 9:00 Movin' & Groovin' 9:15 Euchre/10:15 SingAlong 11:00 Alzheimer's Info 11:15 Hydration Program 12:30 Pinochle/Sometimer's 1:05 Tigers Watch Party 3:00 Balance</p>	<p>3 Good Time Cruisers 10:15 Chair Yoga Medicare Assist. w/Jackie 10:30/11:45 Enh. Fitness <i>12:00 Alzheimer's Class</i> 1:00 Organ 7:00 Model A Club</p>	<p>4 9:15 Euchre 10:00 Music Therapy 11:15 Chair Yoga 12:00 Begin. T'ai Chi 12:30 and 1:30 T'ai Chi 12:30 Hand & Foot 1:00 Crocheting 2:00 Tap Dancing</p>	<p>5 10:00 Fitness 12:30 Euchre Tournament</p>
<p>6 Sunday Dinner 11 a.m. to 1 p.m.</p>	<p>7 Woodhaven Retirees 9:00 Movin' & Groovin' 10:00 Music Therapy 10:00 Massages w/Jean W. Monroe Ford Retirees 12:30 Pinochle 2:00 Line Dancing 3:00 Balance 5:00 <i>White Elephant Bingo</i></p>	<p>8 <u>Breakfast 7:00-1:00</u> SMA/MCC Class of 58 Breakfast 8:30 Exercise Assistance with Barb Ginther 10:15 Chair Yoga 10:30/11:45 Enhance Fitness 10:30 Therapy Dog 1:30 Bingo 6:00 Woodcarvers</p>	<p>9 Monroe Senior Legal 9:00 Movin' & Groovin' 9:15 Euchre 12:30 Pinochle 12:30 Sometime's Euchre 3:00 Balance</p>	<p>10 Rummage Sale & Bake Sale Good Time Cruisers \$6 Fund-Raiser 10:15 Chair Yoga Medicare Assist. w/Jackie 10:30/11:45 Enh. Fitness 11:30 Library in Motion <i>12:00 Alzheimer's Class</i></p>	<p>11 Rummage Sale & Bake Sale 8:30 am BP with Great Lakes Caring 9:15 Euchre 10:00 Music Therapy 11:15 Chair Yoga 12:30 Hand & Foot 1:00 Crocheting</p>
<p>13 Sunday Dinner 11 a.m. to 1 p.m.</p>	<p>14 MB&T Retirees Canasta 9:00 Movin' & Groovin' 10:00 Music Therapy 10:00 Massages with Jean W. 12:30 Pinochle 2:00 Line Dancing/3:00 Balance 5:00 <i>White Elephant Bingo</i> 7:30 Stamp Club</p>	<p>15 MCOP Support Services 8:30 Ex. Assist. w/Barb G. 10:15 Chair Yoga 10:30 Therapy Dog 10:30/11:45 Enhance Fitness 1:30 Special Summer Bingo 6:00 Woodcarvers</p>	<p>16 Class of '67 Breakfast 9:00 Blood Sugars w/IHM 9:00 Movin' & Groovin' 9:15 Euchre 11:00 BP with Ohioans Home Health Care 12:30 Pinochle/ Sometime's 3:00 Balance</p>	<p>17 Good Time Cruisers 10:15 Chair Yoga Medicare Assist. w/Jackie 10:30/11:45 Fitness <i>12:00 Alzheimer's Class</i> 12:30 Grooving After Lunch with Anita 1:30 Organ</p>	<p>18 Over 90 Party <i>Music before and after lunch; meal served at 11:30 am</i> 9:15 Euchre 10:00 Music Therapy 12:30 Hand & Foot 1:00 Crocheting 2:00 Tap Dancing</p>
<p>20 Sunday Dinner 11 a.m. to 1 p.m.</p>	<p>21 6:30 Newsletter Team 9:00 Movin' & Groovin' 10:00 Music Therapy Food Commodities 10:00 Massages w/Jean W. 12:30 Pinochle 2:00 Line Dancing 3:00 Balance 5:00 <i>White Elephant Bingo</i> 6:00 Sewing Club</p>	<p>22 <u>Breakfast 7:00-1:00</u> 8:30 Ex. Assist. w/Barb G. 10:15 Chair Yoga 10:30 Therapy Dog 10:30/11:45 Enhance Fitness 1:30 Bingo 6:00 Woodcarvers</p>	<p>23 Monroe Senior Legal 9:00 Movin' & Groovin' 9:15 Euchre 10:15 Sing Along 12:30 Pinochle/Sometimer's 1:30 Movie Day 3:00 Balance <u>Center closes at 4 pm today</u> Steak Roast at VFW</p>	<p>24 Good Time Cruisers 10:15 Chair Yoga 10:30/11:45 Fitness <i>12:00 Alzheimer's Class</i> Medicare Assist. w/Jackie Health Odyssey—Meal served at 11:30 am. Please RSVP. 1:00 Organ</p>	<p>25 9:15 Euchre 10:00 Music Therapy 11:15 Chair Yoga 12:00 Beginner T'ai Chi 12:30 and 1:30 T'ai Chi 12:30 Hand & Foot 1:00 Crocheting 2:00 Tap Dancing</p>
<p>27 \$5 Special Sunday Dinner 11 a.m. to 1 p.m.</p>	<p>28 Canasta 9:00 Movin' & Groovin' 10:00 Music Therapy 10:00 Massages w/Jean W. 12:30 Pinochle 2:00 Line Dancing 3:00 Balance 3:30 Coffee with Lance 5:00 <i>White Elephant Bingo</i></p>	<p>29 MCOP Support Services 8:30 Ex. Assist. w/Barb G. 10:15 Chair Yoga 10:30 Therapy Dog 10:30/11:45 Enhance Fitness 1:30 Bingo 6:00 Woodcarvers</p>	<p>30 9:00 Movin' & Groovin' 9:15 Euchre 10:15 Sing Along 12:30 Pinochle 12:30 Sometime's Euchre 3:00 Balance 3:05 Tigers Watch Party</p>	<p>31 Soup & Sandwich \$2 Good Time Cruisers 10:15 Chair Yoga Medicare Assist. w/Jackie 10:30/11:45 Fitness <i>12:00 Alzheimer's Class</i> 1:00 Organ</p>	 <p>Monroe Center <i>for Healthy Aging</i></p>