East Columbus Senior Center Activities July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
CHARING TIME LIDEAS INCOMPANY AND RAVENDER LIDEAS INCE THINGS INCE THINGS INCE THINGS	TROCKLY	Have an awesome Summen!	July Birthdays	1 9:00 Fitness Room 12:00 Lunch 1:00 Arts/Crafts Ensure Sold Daily
4 Happy 4th of July CLOSED	5 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:30 Bingo/Spades	6 9:00 Fitness Room 11:00 Bingo 12:00 Lunch Bensure sold daily	7 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:30 Bingo/Spades	8 9:00 Fitness Room 12:00 Lunch 1:00 Arts/Crafts Ensure sold daily
11 9:00 Fitness Room 12:00 Lunch 1:00 Arts/Crafts Make Amazina Amazina Ensure Sold Daily	12 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:30 Bingo/Spades	13 9:00 Fitness Room 11:00 Bingo 12:00 Lunch Fisher Sold Cally	14 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch READING Ensure Sold Daily	15 9:00 Exercise 12:00 Lunch 1:00 Arts/Crafts
18 9:00 Fitness Room 12:00 Lunch 1:00 Arts/Crafts	19 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:30 Bingo/Spades	20 9:00 Fitness Room 11:00 Bingo 12:00 Lunch	21 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:30 Bingo/Spades Ensure Sold Daily	22 9:00 Fitness Room 12:00 Lunch 1:00 Arts/Crafts Ensure Sold Daily
Ensure Sold Daily 25 9:00 Fitness Room 12:00 Lunch 1:00 Arts/Crafts Ensure Sold Daily	Ensure Sold Daily 26 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:30 Bingo/Spades 6 0 0 6 0	Ensure Sold Daily 27 9:00 Fitness Room 11:00 Bingo 12:00 Lunch Merth in a Minute Ensure Sold Daily	28 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:30 Bingo/Spades Ensure Sold Daily	29 9:00 Fitness Room 12:00 Lunch 1:00 Arts & Crafts Ensure Sold Daily

For More Information: Adriane Mosley@910-655-4754 adriane.mosley@columbusco.org Nutrition-Carolyn Strickland