

JULY 2024 Activities EXCELSIOR SPRINGS SENIOR CENTER 630-5955

MON	TUE	WED	THU	FRI
1 COLORING Like A Kid Again 9:00-11:00am Walking With Ease 6-Week Walking Program 10:00-11:00am	2 Wii Bowling 9-11am 	3 <div style="text-align: center;">Celebration of America!</div> Cookout, Party and Picnic starts 9:00ish	4 CLOSED 	5 <div style="text-align: center;">BINGO!</div> 10-11am Treats, Pantry Items and a BLACKOUT Bucket!
8 🎵 Music with Rachelle 🎵 10:00-11:00am 🎵 Come enjoy music 🎵 with your friends	9 Wii Bowling 9-11am 	10 CRAFT CLUB 9-11am Bring your current craft project to show the club! Socialize with other crafters, show us your technique and work on your projects.	11 COUNTRY MUSIC MAKERS 9:00-10:30am 🎵 Live Bluegrass band! 🎵	12 <div style="text-align: center;">BINGO!</div> 10-11am Treats, Pantry Items and a BLACKOUT Bucket! Trivia with Tina of ES Hospital 11:35am
15 COLORING Like A Kid Again Bring your work of art, no matter the medium. Adult coloring, art, even diamond painting! Coloring supplies provided. 9:00-11:00am	16 Wii Bowling 9-11am  DOMINOES (after lunch) 	17 CRAFT CLUB 9-11am Bring your current craft project to show the club! Socialize with other crafters, show us your technique and work on your projects.	18 COUNTRY MUSIC MAKERS 9:00-10:30am 🎵 Live Bluegrass band! 🎵 <u>Tech Tutor</u> 9:30-11:30am	19 <div style="text-align: center;">BINGO!</div> 10-11am VA Whole Health w/ Felicia D. Wyckoff-Neal of the VA 11:35am
22 🎵 Music with Rachelle 🎵 10:00-11:00am 🎵 Come enjoy music 🎵 with your friends	23 Wii Bowling 9-11am  Catholic Charities w/ Rachel Hanson of the Catholic Charities 11:35am	24 CRAFT CLUB 9-11am Bring your current craft project to show the club! Socialize with other crafters, show us your technique and work on your projects.	25 COUNTRY MUSIC MAKERS 9:00-10:30am 🎵 Live Bluegrass band! 🎵	26 <div style="text-align: center;">BINGO!</div> 10-11am Treats, Pantry Items and a BLACKOUT Bucket! <div style="text-align: center;">Birthday Celebration!</div>
29 COLORING Like A Kid Again Bring your work of art, no matter the medium. Adult coloring, art, even diamond painting! Coloring supplies provided. 9:00-11:00am	30 <div style="text-align: center;">White Elephant B-I-N-G-O!</div> 10am Bring a FUN trinket or USEFUL prize to put into the Community Bingo Chest. Bring a prize, win a prize and play BINGO!	31 CRAFT CLUB 9-11am Bring your current craft project to show the club! Socialize with other crafters, show us your technique and work on your projects.	<u>Tech Tutor</u> 7/18 9:30-11:30am Mid-Content Public Library will teach you features on your smartphone, tablet or laptop. Sign up for a 1:1 appointment to ask and learn your tech.	

SENIOR FITNESS CLASSES

Daily on weekdays in the Group Exercise Room, sponsored by Clay County Senior Services. Free for all residents over the age of 60.

Silver Shadowboxing 7:15-7:45 Aging Effortlessly 10:00	Silver Strong 7:15-7:45 Stretch & Restore 8:00	Zumba Silver 7:15-7:45	Silver Strong 7:15-7:45 Stretch & Restore 8:00	Silver Yoga 7:15-7:45 Drum Fit 9:00
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