

JULY WEEKLY AGENDA

*** PLEASE SEE BACK FOR SPECIAL EVENTS & MONTHLY PROGRAMS**

\$ ADDITIONAL FEE REQUIRED

MONDAY

9:30 Cribbage
 10:00 Bingo
 10:00 Movement Matters \$
 11:00 Open Mah Jongg
 11:00 Dance & Balance \$
 11:30 Tai Chi Beginner \$
 12:30 Tai Chi Intermediate \$
 11:30 Open Canasta
 1:00 Wood Carving
 1:00 Art Appreciation

TUESDAY

9:00 Craft Room
 9:00 Social Worker
 9:30 Mah Jongg Lessons \$
 9:30 Floor Yoga \$
 10:30 Total Body Fit \$
 11:30 Guided Meditation \$
 11:45 Dup Bridge
 12:00 Dr Bridge, Pinochle
 12:30 Mex Dominos & Mah Jongg
 1:00 Knit & Crochet \$

WEDNESDAY

9:00 Chair Yoga \$
 10:00 Cardio Balance \$
 10:30 Women's Talking Points
 11:30 Open Canasta, Mah Jongg and Bridge

THURSDAY

9:00 Craft Room
 9:30 Golden Grooves \$
 9:30 Canasta Lesson \$
 10:00 Drop in Canasta
 10:00 Starlight Singers Chorus \$
 10:30 Core Strength \$
 12:00 Open Bridge and Mah Jongg
 12:00 Rummikub
 12:15 Regular Canasta

FRIDAY

9:00 Chair Yoga/ Sit & Be Fit \$
 10:00 Fit & Fabulous \$
 10:30 Men Round Table
 10:30 Scrabble

Drop-In: Regular groups that come to play
Open: Space is available. You bring your own group
Lessons: A scheduled class to learn how to play



Flip for Special Events & Trips

The East Wing

GLENVIEW SENIOR CENTER

JULY SPECIAL EVENTS & MONTHLY PROGRAMS

\$ ADDITIONAL FEE REQUIRED

- Wed-July 1st: **Women's Book Club (1st Wednesday of the Month)**
- Wed-July 1st: **Barry Bradford- 90's**
- Sat-July 4th: **Happy 4th of July!**
- Tu-July 7th: **Investment Club (2nd Tuesday of the Month)**
- Th-July 9th : **Nunsense Trip to Drury Lane \$ (Sold out!)**
- Wed-July 15th : **Senior Resource Fair**
- Wed-July 15th : **Podiatrist (3rd Wednesday of the Month)**
- Fri-July 17th : **The Grove Trip \$**
- Wed-July 22nd : **Annual Summer BBQ- Maureen Christine \$**
- Fri-July 24th : **Riverview Remembered**
- Mon-July 27th: **Advisory Board Meeting (4th Monday of the Month)**
- Mon-July 27th: **Men's Book Club (4th Monday of the Month)**
- Wed-July 29th : **Naper Settlement Trip \$**
- Fri-July 31st : **Tiny & Timeless (Birds)**