

July 2025



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Bible Study & Open Conversation Forum 10:00 AM – 11:30 AM Yoga for Aging Bodies 6:00 PM – 7:00 PM	Sittersize 2:00 PM – 3:00 PM Computer & Internet Basics 4:00 PM – 5:00 PM	Chair Yoga for Women 9:00 AM – 12:00 PM	Mahjong 10:30 AM – 1:00 PM
7	8	9	10	11
Chair Yoga for Women 9:00 AM – 12:00 PM Sittersize 2:00 PM – 3:00 PM Cards & Games 3:15 PM – 7:00 PM	Bible Study & Open Conversation Forum 10:00 AM – 11:30 AM BINGO 6:00 PM – 7:00 PM	Sittersize 2:00 PM – 3:00 PM Yoga for Aging Bodies 6:00 PM – 7:00 PM	Chair Yoga for Women 9:00 AM – 12:00 PM	Mahjong 10:30 AM – 1:00 PM
14	15	16	17	18
Chair Yoga for Women 9:00 AM – 12:00 PM Sittersize 2:00 PM – 3:00 PM Cards & Games 3:15 PM – 7:00 PM	Bible Study & Open Conversation Forum 10:00 AM – 11:30 AM Yoga for Aging Bodies 6:00 PM – 7:00 PM	Sittersize 2:00 PM – 3:00 PM Computer & Internet Basics 4:00 PM – 5:00 PM	Chair Yoga for Women 9:00 AM – 12:00 PM Pins & Needles: Crochet, Knitting, Sewing 1:00 PM – 3:00 PM	Mahjong 10:30 AM – 1:00 PM
21	22	23	24	25
Chair Yoga for Women 9:00 AM – 12:00 PM Sittersize 2:00 PM – 3:00 PM Cards & Games 3:15 PM – 7:00 PM	Bible Study & Open Conversation Forum 10:00 AM – 11:30 AM Yoga for Aging Bodies 6:00 PM – 7:00 PM	Sittersize 2:00 PM – 3:00 PM BINGO 6:00 PM – 7:00 PM	Chair Yoga for Women 9:00 AM – 12:00 PM Women’s Ministry Group 4:00 PM – 5:00 PM	Mahjong 10:30 AM – 1:00 PM
28	29	30	31	
Chair Yoga for Women 9:00 AM – 12:00 PM Sittersize 2:00 PM – 3:00 PM Cards & Games 3:15 PM – 7:00 PM	Bible Study & Open Conversation Forum 10:00 AM – 11:30 AM Yoga for Aging Bodies 6:00 PM – 7:00 PM	Sittersize 2:00 PM – 3:00 PM	Chair Yoga for Women 9:00 AM – 12:00 PM	