



# 2023

# JULY

Edgar Jonhson Senior Center



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	01
02	03 5:30am Fitness w/Marty 10:00 Aerobics w/Terri 1:00 Bingo 5:30 Fitness w/Marty	04 <b>Center Closed</b> 	05 5:30 AM Fitness w/Marty 10:00 Aerobics w/Terri 1:00 Movie	06 5:30 AM Fitness w/Marty 10:00 Aerobics w/Terri 10:00 Arts and Crafts 1:30 Board Games 5:30 Fitness w/Marty	07 10:30 Paint Friday 1:00 Pickin & Grinnin	08
09	10 5:30am Fitness w/Marty 10:00 Aerobics w/Terri 1:00 Bingo 5:30 Fitness w/Marty	11 10:00 Learn to Draw 1:00 Gray Dragons Cane Self Defense Class 5:30 Fitness w/Marty	12 5:30 AM Fitness w/Marty 10:00 Aerobics w/Terri 1:00 Movie	13 5:30 AM Fitness w/Marty 10:00 Aerobics w/Terri 10:00 Arts and Crafts 1:30 Board Games 5:30 Fitness w/Marty	14 10:30 Paint Friday 1:00 Pickin & Grinnin 1:00 Shine	15
16	17 5:30am Fitness w/Marty 10:00 Aerobics w/Terri 1:00 Bingo 5:30 Fitness w/Marty	18 10:00 Learn to Draw 1:00 Gray Dragons Cane Self Defense Class 5:30 Fitness w/Marty	19 5:30 AM Fitness w/Marty 10:00 Aerobics w/Terri 1:00 Movie	20 5:30 AM Fitness w/Marty 10:00 Aerobics w/Terri 10:00 Arts and Crafts 1:30 Board Games	21 10:30 Paint Friday 1:00 Pickin & Grinnin	22
23	24 5:30am Fitness w/Marty 10:00 Aerobics w/Terri 1:00 Bingo 5:30 Fitness w/Marty	25 10:00 Learn to Draw 1:00 Gray Dragons Cane Self Defense Class 5:30 Fitness w/Marty	26 5:30 AM Fitness w/Marty 10:00 Aerobics w/Terri 1:00 Movie	27 5:30 AM Fitness w/Marty 10:00 Aerobics w/Terri 10:00 Arts and Crafts 1:30 Board Games	28 10:30 Paint Friday 1:00 Pickin & Grinnin	29
30	31 5:30am Fitness w/Marty 10:00 Aerobics w/Terri 1:00 Bingo 5:30 Fitness w/Marty	01	02	03		05