

July 2021

Age 50+ Daily Calendar – Every Week

Hours: Mon – Fri 8 a.m. – 4:30 p.m.

DAILY ACTIVITIES

| | | |
|--------------------|-----------------|------|
| AARP FitLot Park | 8:00 am- Dusk | FREE |
| Billiards | 8:00 am-4:30 pm | \$1 |
| Cornhole | 8:00 am-4:30 pm | \$1 |
| Exercise Equipment | 8:00 am-4:30 pm | \$1 |
| Shuffleboard | 8:00 am-4:30 pm | \$1 |



Do you have extra time on your hands? We offer numerous opportunities for people of all ages to join our family of over 200 volunteers and become involved in Community Center programs and operations. Please call 427-6461 for more information.

WEEKLY RECURRING EVENTS

MONDAY

| | | |
|--------------|-----------------|-----|
| Table Tennis | 8:30am-11:30am | \$1 |
| Cardio Flex | 10:45am-11:30am | \$1 |

TUESDAY

| | | |
|--------------|-----------------|-----|
| ABC Exercise | 9:30am-10:15am | \$1 |
| Cardio Flex | 10:45am-11:30am | \$1 |
| Scrapbooking | 1:00pm-3:00pm | \$1 |
| Wii Bowling | 1:00pm-3:00pm | \$1 |

WEDNESDAY

| | | |
|----------------|-------------------|------|
| Table Tennis | 8:30am-11:30am | \$1 |
| FitLot Drop-in | 10:45am thru 7/21 | FREE |
| Crochet | 10:00am-12:00pm | \$1 |
| | 1:00pm-3:00pm | \$1 |

THURSDAY

| | | |
|--------------|-----------------|-----|
| ABC Exercise | 9:30am-10:15am | \$1 |
| Cardio Flex | 10:45am-11:30am | \$1 |
| Quilting | 1:00pm-4:00pm | \$1 |

FRIDAY

| | | |
|----------------|----------------------|------|
| Crochet | 1:00pm-3:00pm | \$1 |
| FitLot Drop-in | 10-11 am begins 7/16 | FREE |

| <u>MONTHLY</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Cost</u> |
|----------------------------|------------|-------------|---|----------------|
| <u>Diabetic Screening</u> | Th | July 1 | 9:00 a.m. - 11:00 a.m. (No appointment is required) | Free |
| <u>How's Your Hearing?</u> | T | July 6 | 9:00 a.m. - 11:15 a.m. (Call 427-6460 to make your appointment) | Free |
| <u>Tuesday Movie</u> | T | July 6 | 1:30 p.m. "Summerland" | Free |
| | T | July 20 | 1:30 p.m. "The Bucket List" (Pre-register by the Monday prior) | |
| <u>Legal Counseling</u> | F | July 9 | 9:20 a.m.- 11:00 p.m. | Free |
| <u>Bingo</u> | F | July 9 | 1:00 p.m. – 3:00 p.m. | \$.50/3 cards |
| | F | July 23 | | |
| <u>SHIP</u> | Th | July 15 | 9:00 a.m. -12:00 p.m. (Call 427-6460 to make an appointment) | Free |
| <u>Monday Luncheon</u> | M | July 19 | 12:00 p.m. "Picnic Party": Sponsored by Miller's Merry Manor of Greater Fort Wayne | \$4 |
| <u>Downtown Walkers</u> | W | Every Wed | 11:00 a.m. | Free |

It's time to get outside and enjoy a nice walk! Make some friends and join us as we walk different routes through Downtown Fort Wayne. Call 427-6460 to sign up.