

DAILY ACTIVITIES

AARP FitLot Park	8:00 am- Dusk	FREE
Billiards	8:00 am-4:30 pm	\$1
Circuit Training	8:00am-4:30pm	\$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 150 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

WEDNESDAY

Table Tennis	8:30am-11:30am	\$1
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
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MONTHLY

<u>MONTHLY</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>
<u>How's Your Hearing?</u>	T	July 5	9:00 a.m.-11:15 a.m. (Call 427-6460 to make an appointment)	Free
<u>Tuesday Movie</u>	T	July 5	1:30 p.m. "Cruella"	Free
	T	July 19	1:30 p.m. "Respect" (Pre-register by the Monday prior)	
<u>SHIP</u>	Th	July 7 July 21	9:00 a.m. -12:00 p.m. (Call 427-6460 to make an appointment)	Free
<u>Diabetic Screening</u>	Th	July 7	9:00 a.m. - 11:00 a.m. (No appointment is required)	Free
<u>Bingo</u>	F	July 8 July 22	1:00 p.m. – 3:00 p.m. Sponsor: Heritage Park and Miller's Merry Manor	\$.50/3 cards
<u>Monday Luncheon</u>	M	July 18	12:00 p.m. "Watermelon Fun" Sponsor: Miller's Merry Manor	\$5
<u>Relaxation Station</u>	M	July 18	10:30-11:30 a.m. Spend an hour coloring with friends	\$1