

June 2022

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
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>SHIP</u>	Th	June 2 June 16	9:00 a.m. -12:00 p.m. (Call 427-6460 to make an appointment)	Free
<u>Diabetic Screening</u>	Th	June 2	9:00 a.m. - 11:00 a.m. (No appointment is required)	Free
<u>Tuesday Movie</u>	T	June 7	1:30 p.m. "Finding You"	Free
	T	June 21	1:30 p.m. "Truffle Hunters" (Pre-register by the Monday prior)	
<u>How's Your Hearing?</u>	T	June 7	9:00 a.m.-11:15 a.m. (Call 427-6460 to make an appointment)	Free
<u>Bingo</u>	F	June 10 June 24	1:00 p.m. – 3:00 p.m. Sponsor: Heritage Park and Miller's Merry Manor	\$.50/3 cards
<u>Monday Luncheon</u>	M	June 20	12:00 p.m. "National Pollinator Week" Sponsor: Miller's Merry Manor	\$5
<u>Relaxation Station</u>	M	June 20	10:30-11:30 a.m. Spend an hour coloring with friends	\$1