

JUL 2024 ACTIVITIES

SUN

MON

TUE

WED

THU

FRI

SAT

01

9AM BINGO

02

9AM CARDIO
9AM MEN'S
STRETCHING
6PM POWER
MOVES 360

03

9AM BIBLE
STUDY

04

**BSC CLOSED
HAVE A
HAPPY 4TH
BE SAFE**

05

ENJOY YOUR
FRIDAY

06

07

9AM BINGO
10AM
ENHANCED
FITNESS

08

9AM CARDIO
9AM MEN'S
STRETCHING
10AM
ENHANCED
FITNESS

09

9AM BIBLE
STUDY
10AM
ENHANCED
FITNESS

10

9AM CARDIO
9AM MEN'S
STRETCHING
10AM STEP

11

**10-11:30AM
COMPUTER
LAB**

12

13

14

9AM BINGO
10AM
ENHANCED
FITNESS

15

9AM CARDIO
9AM MEN'S
STRETCHING
6PM POWER
MOVES 360

16

9AM BIBLE
STUDY
**11:15AM JULY
MEMBERS
BIRTHDAY**

17

9AM CARDIO
9AM MEN'S
STRETCHING
10AM STEP

18

9:15AM
BREAKFAST &
MOVIE
**"BOYS IN THE
BOAT"**

19

20

21

9AM BINGO
10AM
ENHANCED
FITNESS

22

9AM CARDIO
9AM MEN'S
STRETCHING
10AM
ENHANCED
FITNESS

23

9AM BIBLE
STUDY
10AM
ENHANCED
FITNESS

24

9AM CARDIO
9AM MEN'S
STRETCHING
10AM STEP
6PM BOARD
MTG

25

**6-9PM
AN EVENING
OF JAZZ \$50
WHITE AFFAIR**

26

27

28

9AM BINGO
10AM
ENHANCED
FITNESS

29

9AM CARDIO
9AM MEN'S
STRETCHING
6PM POWER
MOVES 360

30

9AM BIBLE
STUDY
10AM
ENHANCED
FITNESS

31

9AM CARDIO
9AM MEN'S
STRETCHING
10AM STEP

**CASINO
NIGHT IS
COMING
SEPTEMBER
7TH 6-9:30PM**