

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Canada Day	2 World UFO Day 9:00 Coffee Klatch 10:00 Lets Get Moving 10:30 UFO Trivia 11:30 Crafts 12:00 Lunch 1:00 Family Fued 2:00 Social Sno Balls	3 Stay out of the sun Day 9:00 Coffee & Chat 10:00 Stars & Stripes 10:30 Brain teasers 11:30 Bingo 12:00 Lunch 1:00 Parades 2:00 Social Fresh Fruit	4 Closed Independence Day (US)	5	6
7	8	9 Nat. Sugar Cookie Day 9:00 Coffee Klatch 10:00 Sit n Be Fit 10:30 Mind Joggers 11:00 Bake Cookies 12:00 Lunch 1:00 Noodle Ball 2:00 Social	10 Blueberry Day 9:00 Coffee & Chat 10:00 Conductorcise 10:30 Blueberry Trivia 11:00 Nutrition on In2 L 12:00 Lunch 1:00 Bingo 2:00 Social	11 Cheer Up Lonely Day 9:00 Coffee & Chat 10:00 Music in Motion 10:30 Craft 11:00 Jokes of the Day 12:00 Lunch 12:30 Music W/Jack 2:00 Social	12	13
14	15	16 World Snake Day 9:00 Coffee Klatch 10:00 Chair Yoga 10:30 Craft 11:00 Trivia & Travel 12:00 Lunch 1:00 Name that sound 2:00 Social	17 Nat. Hot Dog Day 9:00 Coffee & Chat 10:00 Ler's Get Moving 10:30 Poetry 11:00 Hot Dog Trivia 12:00 Lunch 1:00 Noodle Ball 2:00 Social	18 Nat. Caviar Day 9:00 Coffee & Chat 10:00 Latin Soul 10:30 Funny Animals 11:00 Caviar Trivia 12:00 Lunch 1:00 Bingo 2:00 Social	19	20
21	22	23 Vanilla Sundae Day 9:00 Coffee Klatch 10:00 Express Toning 10:30 Name the States 11:00 Familuy Fued 12:00 Lunch 1:00 Travel Nat. Parks 2:00 Social	24 Amelia Earhart Day 9:00 Coffee & Chat 10:00 Sit n Be Fit 10:30 Trivia 11:00 History 12:00 Lunch 1:00 Rummy & Spit 2:00 Social	25 Culinarian Day 9:00 Coffee and Chat 10:00 Let's Get Moving 10:30 Nutrition & Slide Show on In2L 12:00 Lunch 1:00 Music w/Suzanne	26	27
28	29	30 Nat. Cheesecake Day 9:00 Coffee Klatch 10:00 Simply Stretch 10:30 Friendship Day 11:30 Trivia 12:00 Lunch 1:00 Travel 2:00 Social	31 Mutts Day 9:00 Coffee & Chat 10:00 Stars & Stripes 10:30 Mutts Trivia 11:00 Brain Teasers 12:00 Lunch 1:00 Art 2:00 Social	<h1>July 2019</h1>		

Type the name, address, and other information about your community/company here.