

Monday	Tuesday	Wednesday	Thursday	Friday
8:00am Breakfast <b>1</b> 8:30 Gardening 9:00 Nutrition 10:00 Exercise Video 11:30 Surprise Bingo 12:00 Commodities	8:00 Breakfast <b>2</b> 8:30 Gardening 9:00 Bingo 10:00 Video Exercise 10:00 Sewing Club 11:30 T-Shirt Design Meeting-Everyone Welcome	8:00 Breakfast <b>3</b> 8:30 Exercise Video 9:00 Memory Loss Presentation-English 10:00 Memory Loss-Spanish 11:30 Lunch Fundraiser	8:00 Breakfast <b>4</b> Senior Center Closed for Independence Day	8:00 Breakfast <b>5</b> 8:30 Gardening 9:00 Functional Fitness 9:30 Bingo for Prizes 11:30 Colored Pencil Art class 12:00pm Wii Bowling
8:00am Breakfast <b>8</b> 8:30 Gardening 9:00 Nutrition Class 10:00 Exercise Video 11:30 Surprise Bingo 12:00 Commodities	9:00am-Lone Butte Casino Return time is 2:30pm  Senior Center Closed	8:00 Breakfast <b>10</b> 8:30 Exercise Video 9:00 Support Group 10:00 2-Mile Indoor Walk 11:00 Lunch 11:30 Surprise Bingo	8:00 Breakfast <b>11</b> 8:30 Gardening 9:00 United Healthcare Bingo 10:00 Line-Dancing 11:15 YMCA visitors – Pictionary Game	8:00 Breakfast <b>12</b> 8:30 Gardening 9:00 Functional Fitness 9:30 Bingo for Prizes 10:00 Colored Pencil Art class 12:00 Wii Bowling
8:00am Breakfast <b>15</b> 9:00 Nutrition Class 10:00 United Healthcare Booth 10:30 Exercise 12:00 Commodities	8:00 Breakfast <b>16</b> 8:30 Gardening 9:00 Bingo 10:00 Committee Training- Committee Members only 10:00 Sewing Club 12:00 Arrowhead Mall	8:00 Breakfast <b>17</b> 8:30 Exercise Video 9:00 Support Group 10:00 2-Mile Indoor Walk 11:00 Lunch 11:30 Surprise Bingo	8:00 Breakfast <b>18</b> 8:30 Gardening 9:00 United Healthcare Bingo 10:00 Line-Dancing 11:30 Wii Bowling	8:00 Breakfast <b>19</b> 8:30 Gardening 9:00 Functional Fitness 9:30 Bingo for Prizes 10:00 Colored Pencil Art class 12:00 Wii Bowling
8:00am Breakfast <b>22</b> 8:30 Gardening 9:00 Nutrition Class 10:00 Exercise Video 11:30 Surprise Bingo 12:00 Commodities	8:00 Breakfast <b>23</b> 8:30 Gardening 9:00 Bingo 10:15 Video Exercise 10:15 Sewing Club 11:00 Lunch 11:30 Movie and Popcorn	8:00 Breakfast <b>24</b> 8:30 Exercise Video 9:00 Support Group 10:00 2-Mile Indoor Walk 11:30 Surprise Bingo	8:00 Breakfast <b>25</b> 8:30 Gardening 9:00 United Healthcare Bingo 10:00 Line-Dancing 11:00 YMCA Drama Play	8:00 Breakfast <b>26</b> 8:30 Gardening 9:00 Bingo for Prizes 10:00 Presentation “Beat the Heat” 11:30 Colored Pencil Art class
8:00am Breakfast <b>29</b> 8:30 Gardening 9:00 Nutrition Class 10:00 Exercise Video 11:30 Surprise Bingo 12:00 Commodities	8:00 Breakfast <b>30</b> 8:00-11am Health Screenings 10:00 Sewing Club 11:30 Chinese Buffet- Litchfield and Bell	8:00 Breakfast <b>31</b> 8:30 Exercise Video 9:00 Support Group 10:00 2-Mile Indoor Walk 11:00 Lunch 11:30 Economic Development Presentation	 <p>July 2019</p> <p>El Mirage Senior Center 14010 N. El Mirage Rd.</p>	

El Mirage Senior Center Hours: 8:00am to 1:00pm Monday through Friday 623-876-4232