



July 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Fun Facts: The first 4th of July party held at the White House was in 1801. Benjamin Franklin wanted the turkey to be the national animal but was outvoted when John Adams and Thomas Jefferson chose the bald eagle.				1 9:00 Super Stretch 10:30 Sit & Be Fit 1:00 Bunco 1:00 Line Dancing	2 10:30 Senior Fitness 1:00 Pinochle 1:00 Tai Chi Class	3
4 Independence Day General Canby Days	5 CENTER CLOSED Have a Safe Holiday 	6 10:00 TOPS 10:00 Handiwork 1:00 Line Dancing 1:00 Pinochle 1:00 BINGO	7 9:00 Foot Clinic 10:30 Senior Fitness 11:00 Special Music Bob Cooperrider 1:00 Movie Day: Carol Burnett-Show Stoppers 1:15 Senior Yoga Fitness	8 10:30 Sit & Be Fit 1:00 Bunco 1:00 Line Dancing	9 10:30 Senior Fitness 1:00 Pinochle 1:00 Tai Chi Class	10
	11	12 9:30 Senior Fitness 10:00 Foot Clinic 10:30 Sit & Be Fit 11:00 Music-Ida & Friends 1:00 Bridge	13 9:00 Trip: Submarine Tour—OMSI 10:00 TOPS 10:00 Handiwork 1:00 Line Dancing 1:00 Pinochle 1:00 BINGO	14 10:30 Senior Fitness 1:00 Board Meeting 1:00 Legal Assistance 1:00 Movie Day: PBS Lost Liners 1:15 Senior Yoga Fitness	15 10:30 Sit & Be Fit 1:00 Bunco 1:00 Line Dancing	16 10:30 Senior Fitness 1:00 Pinochle 1:00 Tai Chi Class
18	19 9:30 Senior Fitness 10:00 Foot Clinic 10:00 Blood Pressure 10:30 Sit & Be Fit 11:00 Music-Ida & Friends 1:00 Bridge	20 1:00 Trip: Jetboat Excursion 10:00 TOPS 10:00 Handiwork 1:00 Line Dancing 1:00 Pinochle 1:00 BINGO	21 10:30 Senior Fitness 1:00 Movie Day: Invictus 1:15 Senior Yoga Fitness	22 10:30 Sit & Be Fit 1:00 Bunco 1:00 Line Dancing	23 10:30 Senior Fitness 1:00 Pinochle 1:00 Tai Chi Class	24
25	26 9:30 Senior Fitness 10:00 Foot Clinic 10:30 Sit & Be Fit 11:00 Music-Ida & Friends 1:00 Bridge	27 9:30 Trip: Champeog Park & Museum 10:00 TOPS 10:00 Handiwork 1:00 Line Dancing 1:00 Pinochle 1:00 BINGO	28 10:30 Senior Fitness 1:00 Movie Day: Mamma Mia 1:15 Senior Yoga Fitness	29 10:30 Sit & Be Fit 1:00 Bunco 1:00 Line Dancing	30 10:30 Senior Fitness 1:00 Pinochle 1:00 Tai Chi Class	31