



McGuire Senior Center Activity Calendar July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1 9:00 Crochet Club 9:30 Strength Training 11:00 Chair Exercise	2 9:30 Trip to ShopRite 11:00 Chair Yoga 11:30 Movie – The King’s Speech	3 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:15 Strength Training 1:00 Golden Age Club Meeting	4 CENTER CLOSED Independence Day  <i>Happy 4th of July!</i>	5 CENTER CLOSED Day After Independence Day 	6
7	8 9:00 Crochet Club 9:30 Strength Training 11:00 Chair Exercise	9 9:30 Trip to ShopRite 11:00 Chair Yoga 11:30 Movie – Dream Horse	10 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:15 Strength Training	11 10:00 – 2:00 County Clerk Satellite Office 11:00 Tai Chi Golden Age Trip – River Queen Cruise	12 10:00 Coffee Chit-Chat 11:00 Mah Jongg 12:00 BINGO Center Closing at 2:45 PM	13
14	15 9:00 Crochet Club 9:30 Strength Training 11:00 Chair Exercise	16 9:30 Trip to ShopRite 10:00 July Breakfast 11:00 Chair Yoga 11:30 Movie – The Duke	17 9:30 Blood Pressure Check 11:00 Chair Exercise 12:15 Strength Training 1:00 Golden Age Pizza Bingo	18 10:00 Coffee Chit-Chat 11:00 Tai Chi 12:00 Gambling Presentation	19 10:00 Coffee Chit-Chat 11:00 Mah Jongg 12:00 BINGO Center Closing at 2:45 PM	20
21	22 9:00 Crochet Club 9:30 Strength Training 11:00 Chair Exercise	23 9:30 Trip to ShopRite 11:00 Chair Yoga 11:30 Movie – The Phantom of the Open	24 10:00 Digital Literacy Crash Course 11:00 Chair Exercise 12:15 Strength Training	25 10:00 Coffee Chit-Chat 11:00 Tai Chi 12:00 ShopRite Dietician Presents: Nut and Seed Butter	26 10:00 Coffee Chit-Chat 11:00 Mah Jongg 12:00 BINGO Center Closing at 2:45 PM	27
28	29 9:00 Crochet Club 9:30 Strength Training 11:00 Chair Exercise	30 9:30 Trip to ShopRite 11:00 Chair Yoga 11:30 Movie – One Life	31 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:15 Strength Training			