

# JULY 2021 EVENTS

# JULY

## Thursday, Jul 1

9:30 AM Zumba Gold  
 10:00 AM Virtual—Musical Memories  
 10:30 AM Walking Club  
 11:00 AM Encore Movie

## Friday, Jul 2

9:00 AM Tai Chi

**Sunday, Jul 4** *Happy Independence Day!*

## Monday, Jul 5

*Closed in Observance of Independence Day*

## Tuesday, Jul 6

9:30 AM Menstrual Movement Project  
 10:00 AM Fit for Life  
 12:00 PM Simply Sip  
 1:00 PM Acrylics Class  
 2:00 PM Old School Workout Day  
 3:00 PM Virtual—Mystery Game

## Wednesday, Jul 7

10:00 AM Virtual—Bingo  
 10:30 AM Chair Yoga  
 11:30 AM TED Talks  
 1:00 PM Revolutionary War  
 2:00 PM Dance it Out  
 3:00 PM Mystery Game  
 5:00 PM Dinner & Movie  
 5:30 PM Wino Wednesday

## Thursday, Jul 8

9:30 AM Zumba Gold  
 10:30 AM Walking Club  
 11:00 AM Encore Movie  
 11:30 AM Polish Coffee Hour  
 12:30 PM Peter Oprisko Show

## Friday, Jul 9

9:00 AM Tai Chi  
 9:00 AM Wills Appointments  
 10:00 AM TED Talks  
 12:30 PM Mixx Company Band

## Monday, Jul 12

9:45 AM Line Dance  
 11:15 AM Sit, Stand, Stretch & Smile  
 1:30 PM Heads Up  
 1:30 PM Decorative Wine Bottles  
 2:30 PM Matter of Balance

## Tuesday, Jul 13

9:30 AM Menstrual Movement Project  
 10:00 AM Fit for Life  
 11:30 AM Bunco Tournament  
 1:00 PM Acrylics Class  
 2:00 PM Old School Workout Day  
 3:00 PM Virtual—Mystery Game

4:00 PM On Your Own - Graziano's

## Wednesday, Jul 14

10:00 AM Virtual—Bingo  
 10:30 AM Chair Yoga  
 1:00 PM Culture Club Reading Group  
 1:00 PM Technology for Your Home  
 2:00 PM Dance it Out  
 2:00 PM Floral Design Class  
 3:00 PM Mystery Game  
 5:00 PM Dinner & Movie  
 5:30 PM Grease Lighting Dance

## Tam Golf

## Thursday, Jul 15

9:30 AM Zumba Gold  
 10:00 AM Virtual—Musical Memories  
 10:30 AM Walking Club  
 11:00 AM Encore Movie  
 12:00 PM Let Freedom Ring  
 2:30 PM Arts & Crafts Market Store  
 3:00 PM Virtual—All Things Zoom

## Friday, Jul 16

9:00 AM Tai Chi  
 10:00 AM Grand Opening—NSC Market Store

11:30 AM Michael Jackson Tribute Show

## Saturday, Jul 17

9:00 AM Community Garden Rocks  
 9:30 AM On Your Own—Coffee Chat at Starbucks

## Monday, Jul 19

9:45 AM Line Dance  
 11:15 AM Sit, Stand, Stretch & Smile  
 1:30 PM Decorative Wine Bottles  
 2:30 PM Matter of Balance  
 3:30 PM Billiards & Beer

## Tuesday, Jul 20

9:30 AM Menstrual Movement Project  
 10:00 AM Fit for Life  
 11:00 AM Visit Myra the Comfort Dog  
 11:30 AM Amelia Earhart with John Boda  
 1:00 PM Acrylics Class  
 2:00 PM Old School Workout Day  
 3:00 PM Virtual—Mystery Game

## Wednesday, Jul 21

10:00 AM Virtual—Bingo  
 10:30 AM Chair Yoga  
 2:00 PM Dance it Out  
 2:00 PM Kindness Rocks & Cards  
 3:00 PM Mystery Game  
 5:00 PM Dinner & Movie  
 5:30 PM Paint & Sip Party

## Thursday, Jul 22

9:30 AM Zumba Gold  
 10:30 AM Walking Club  
 11:00 AM Encore Movie  
 2:30 PM Arts & Crafts Market Store

## Friday, Jul 23

9:00 AM Tai Chi  
 11:00 AM Royale Polynesian Revue

## Monday, Jul 26

9:45 AM Line Dance  
 11:15 AM Sit, Stand, Stretch & Smile  
 1:30 PM Decorative Wine Bottles  
 2:30 PM Matter of Balance  
 3:00 PM Bingo

## Tuesday, Jul 27

9:30 AM Menstrual Movement Project  
 10:00 AM Fit for Life  
 11:00 AM Virtual—RTA Presentation  
 11:15 AM Keeping it Balanced with Tai Chi

12:30 PM Sweet Reminders

1:00 PM Acrylics Class  
 2:00 PM Old School Workout Day  
 3:00 PM Virtual—Mystery Game  
 4:00 PM On Your Own—Howard Street

## Wednesday, Jul 28

10:00 AM Virtual—Bingo  
 10:30 AM Chair Yoga  
 2:00 PM Dance it Out  
 2:00 PM Mystery Craft with Maria  
 3:00 PM Mystery Game  
 4:30 PM Anthony "Frank" Cassano Show

## Tam Golf

## Thursday, Jul 29

9:30 AM Zumba Gold  
 10:30 AM Walking Club  
 2:30 PM Arts & Crafts Market Store  
 3:30 PM Virtual—Book Discussion

## Friday, Jul 30

9:00 AM Tai Chi  
 11:30 AM Darryl Armistead Show

## Hooked-on Fishing—Lake Opeka

## WEEKLY ACTIVITIES

### Monday—Friday (Except Holidays)

9:00 AM Virtual—Meditation

### Tuesdays

11:00 AM Social Bocce Ball  
 1:00 PM Wii Bowling

### Thursdays

9:30 AM Issues in the News  
 11:00 AM Social Cornhole  
 12:00 PM Ceramics

# AUGUST 2021 EVENTS

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## Monday, Aug 2

9:45 AM Line Dance  
 1:00 PM Rules of the Road  
 1:30 PM Decorative Wine Bottles  
 2:30 PM Matter of Balance

## Tuesday, Aug 3

9:00 AM CPR Certification Class  
 9:30 AM Menstrual Movement Project  
 10:00 AM Fit for Life  
 1:00 PM Acrylics Class  
 1:00 PM TED Talks  
 2:00 PM Old School Workout Day  
 3:00 PM Virtual—Mystery Game

## Wednesday, Aug 4

10:00 AM Virtual—Bingo  
 10:30 AM Chair Yoga  
 1:00 PM Remnants of the Illinois Wilderness  
 2:00 PM Dance it Out  
 3:00 PM Mystery Game  
 5:00 PM Dinner & Movie  
 5:30 PM Patio Pina Colada

## Thursday, Aug 5

9:30 AM Zumba Gold  
 10:00 AM Virtual—Musical Memories  
 10:30 AM Walking Club  
 11:00 AM Encore Movie  
 2:30 PM Arts & Crafts Market Store

## Friday, Aug 6

9:00 AM Tai Chi  
 10:00 AM Bike Walk Niles  
 11:30 AM Community Program - Mia & Luka Cejovic

## Monday, Aug 9

9:45 AM Line Dance  
 11:15 AM Sit, Stand, Stretch & Smile  
 1:30 PM Decorative Wine Bottles

## Tuesday, Aug 10

9:30 AM Menstrual Movement Project  
 10:00 AM Fit for Life  
 11:30 AM Nostalgia Entertainment  
 1:00 PM Acrylics Class  
 2:00 PM Old School Workout Day  
 3:00 PM Virtual—Mystery Game

## Wednesday, Aug 11

10:00 AM Virtual—Bingo  
 10:30 AM Chair Yoga  
 2:00 PM Dance it Out  
 2:00 PM Floral Design Class  
 3:00 PM Mystery Game  
 5:00 PM Dinner & Movie

## Tam Golf

## Thursday, Aug 12

9:30 AM Zumba Gold  
 10:30 AM Walking Club  
 11:00 AM Encore Movie  
 11:30 AM Polish Coffee Hour  
 2:30 PM Arts & Crafts Market Store

## Friday, Aug 13

9:00 AM Tai Chi  
 9:00 AM Wills Appointments  
 10:00 AM TED Talks  
 12:30 PM Polkapalooza

## Monday, Aug 16

9:45 AM Line Dance  
 11:15 AM Sit, Stand, Stretch & Smile  
 1:30 PM Decorative Wine Bottles  
 3:00 PM Virtual—Intro to Facebook  
 3:30 PM Billiards & Beer

## Tuesday, Aug 17

9:30 AM Menstrual Movement Project  
 10:00 AM Fit for Life  
 11:30 AM Bunco Tournament  
 1:00 PM Acrylics Class  
 2:00 PM Old School Workout Day  
 3:00 PM Virtual—Mystery Game

## Wednesday, Aug 18

10:00 AM Virtual—Bingo  
 10:30 AM Chair Yoga  
 1:00 PM Social Media for Seniors  
 2:00 PM Dance it Out  
 2:00 PM Kindness Rocks & Cards  
 3:00 PM Mystery Game  
 5:00 PM Dinner & Movie  
 5:30 PM Paint & Sip Party

## Thursday, Aug 19

9:30 AM Zumba Gold  
 10:00 AM Art Therapy by ALGH  
 10:00 AM Virtual—Musical Memories  
 10:30 AM Walking Club  
 11:00 AM Encore Movie  
 2:30 PM Arts & Crafts Market Store  
 3:00 PM Bingo

## Friday, Aug 20

9:00 AM Tai Chi  
 11:30 AM Tim Wilsey Trio & Sonia Perez  
 12:30 PM Visit Myra the Comfort Dog

## Saturday, Aug 21

9:30 AM On Your Own—Coffee Chat at Starbucks

## Monday, Aug 23

9:45 AM Line Dance  
 11:15 AM Sit, Stand, Stretch & Smile  
 12:30 PM Culture Club Reading Group  
 1:00 PM Chicago's Murals  
 1:30 PM Decorative Wine Bottles

## Tuesday, Aug 24

9:30 AM Menstrual Movement Project  
 10:00 AM Fit for Life  
 11:00 AM Hidden Meanings in Chinese Food  
 1:00 PM Acrylics Class  
 2:00 PM Old School Workout Day  
 3:00 PM Virtual—Mystery Game

## Trip—Meet at Coopers Hawk

## Wednesday, Aug 25

10:00 AM Virtual—Bingo  
 10:30 AM Chair Yoga  
 2:00 PM Dance it Out  
 2:00 PM Mystery Craft with Maria  
 3:00 PM Mystery Game  
 4:00 PM An Evening on the French Riviera

## Tam Golf

## Thursday, Aug 26

9:30 AM Zumba Gold  
 10:30 AM Walking Club  
 2:30 PM Arts & Crafts Market Store  
 3:30 PM Virtual—Book Discussion

## Friday, Aug 27

9:00 AM Tai Chi  
 11:30 AM Regina Rhymes Trio

## Hooked-on Fishing—The Glen

## Monday, Aug 30

9:45 AM Line Dance  
 11:15 AM Sit, Stand, Stretch & Smile  
 1:30 PM Decorative Wine Bottles

## Tuesday, Aug 31

9:30 AM Menstrual Movement Project  
 10:00 AM Fit for Life  
 12:00 PM Nightclub in the Afternoon  
 1:00 PM Acrylics Class  
 2:00 PM Old School Workout Day  
 3:00 PM Virtual—Mystery Game