



WEEKLY ACTIVITIES

- Mon. July 17:** 10:00 am - Tai Chi
2:00 pm - WalMart Trip
- Tues. July 18:** 10:00 pm - Light Weight Lifting
2:00 pm - Marvel Movie Madness
- Wed. July 19:** 10:00 am - Chair Dance Yoga
2:00 pm - Sunflower Field @ Smith Berry Farm
- Thur., July 20:** 10:00 am - Low Impact Exercise
2:00 pm - No Activities - Staff Work Day
- Frid., July 21:** 10:00 am - Walk-a-Mile
2:00 pm - Watch Party: WTCI Hosanna Episode
Snacks!! Invite your family!!

