



**JULY 2026**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Please remember that all programs require registration. Register online by visiting our website!</b>				
		<b>1</b> 9:00 Bridge Group  <b>9:00 Strength &amp; Balance with Serina</b> ◊  <b>10:00 Chair Zumba</b> ◊  10:00 Craft Group  1:00 American Mahjong (intermediate)  1:00 Cribbage (intermediate)	<b>2</b> <b>9:00 Cardio and Dance</b> ◊  10:00 Octets Bridge  <b>10:00 Tai Chi</b> ◊  <b>12:00 Lavender Hill Farm Tour</b> ◊  1:00 American Mahjong (novice)  1:00 Adult Coloring Group  2:00 Ukulele Group	<b>CLOSED IN OBSERVATION OF INDEPENDENCE DAY</b>
<b>6</b>  <b>10:00 Men's Coffee and Conversation</b>  <b>10:00 American Mahjong (Beginner)</b>  <b>11:00 Cornhole Practice</b>  11:00 Caregiver Support Group  1:00 Cribbage  1:00 Hand & Foot  <b>6:00 Bingo OPEN TO THE PUBLIC</b> – Doors open at 5	<b>7</b>  <b>9:30 Weekly Blood Pressure Check</b>  10:00 Art Workshop ◊  10:00 Gentle Vinyasa Yoga with Leslie ◊  10:00 Mindfulness with Nancy  <b>12:00 Americana Lunch with Huntington Common</b>  1:00 Canasta	<b>8</b>  9:00 Bridge Group  <b>9:00 Strength &amp; Balance with Serina</b> ◊  <b>10:30 Chair Zumba</b> ◊  10:00 Craft Group  1:00 American Mahjong (intermediate)  1:00 Cribbage (intermediate)	<b>9</b>  <b>9:00 Cardio and Dance</b> ◊  10:00 Octets Bridge  <b>10:00 Tai Chi</b> ◊  <b>11:00 Wise Women Wondering</b>  1:00 American Mahjong (novice)  1:00 Adult Coloring Group  2:00 Ukulele Group	<b>10</b>  9:00 Open House  <b>9:00 Mat Pilates</b> ◊  10:00 Knitting Group  10:00 Cribbage (intermediate)  <b>Summer Hours Closing at 12pm</b>  <b>1:00 Special Poetry Event</b>
<b>13</b>  <b>10:00 Men's Coffee and Conversation</b>  <b>10:00 American Mahjong (Beginner)</b>  11:00 Caregiver Support Group  1:00 Cribbage  1:00 Hand & Foot  <b>6:00 Bingo OPEN TO THE PUBLIC</b> – Doors open at 5	<b>14</b>  <b>7:45 Bird Banding Demo at Wells Reserve @ Laudholm Farms</b>  <b>9:30 Weekly Blood Pressure Check</b>  10:00 Art Workshop ◊  10:00 Gentle Vinyasa Yoga with Leslie ◊  10:00 Mindfulness with Nancy  1:00 Canasta	<b>15</b>  9:00 Bridge Group  <b>9:00 Strength &amp; Balance with Serina</b> ◊  <b>10:30 Chair Zumba</b> ◊  <b>10:00 Nutrition Class – Protein Needs as We Age</b> ◊  10:00 Craft Group  1:00 American Mahjong (intermediate)  1:00 Cribbage (intermediate)	<b>16</b>  <b>9:00 Cardio and Dance</b> ◊  10:00 Octets Bridge  <b>10:00 Tai Chi</b> ◊  1:00 American Mahjong (novice)  1:00 Adult Coloring Group  2:00 Ukulele Group	<b>17</b>  9:00 Open House  <b>9:00 Mat Pilates</b> ◊  <b>9:00 Bauneg Beg Mountain Hike</b> ◊  10:00 Knitting Group  10:00 Cribbage (intermediate)  10:00 Parkinson's Support  <b>Summer Hours Closing at 12pm</b>



# JULY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>20</b></p> <p>10:00 Men's Coffee and Conversation</p> <p>10:00 American Mah Jongg Lessons ◇</p> <p>10:00 American Mahjong (Beginner)</p> <p>11:00 Caregiver Support Group</p> <p>1:00 Dewey's Travel Talk</p> <p>1:00 Cribbage</p> <p>1:00 Hand &amp; Foot</p> <p>6:00 Bingo OPEN TO THE PUBLIC – Doors open at 5</p>	<p><b>21</b></p> <p>9:30 Weekly Blood Pressure Check</p> <p>10:00 Art Workshop ◇</p> <p>10:00 Gentle Vinyasa Yoga with Leslie ◇</p> <p>10:00 Mindfulness with Nancy</p> <p>12:00 SMAA Community Café ◇</p> <p>1:00 Canasta</p>	<p><b>22</b></p> <p>9:00 Bridge Group</p> <p>9:00 Strength &amp; Balance with Serina ◇</p> <p>10:30 Chair Zumba ◇</p> <p>10:00 Craft Group</p> <p>1:00 American Mahjong (intermediate)</p> <p>1:00 Cribbage (intermediate)</p> <p>5:00 Bubbles, Bites, &amp; Crafts – Paint Your Own Flower Canvas ◇</p>	<p><b>23</b></p> <p>9:00 Cardio and Dance ◇</p> <p>10:00 Octets Bridge</p> <p>10:00 Tai Chi ◇</p> <p>11:30 Christmas in July</p> <p>1:00 American Mahjong (novice)</p> <p>1:00 Adult Coloring Group</p> <p>1:00 Men's Afternoon Movie - MASH</p> <p>2:00 Ukulele Group</p>	<p><b>24</b></p> <p>9:00 Open House</p> <p>9:00 Mat Pilates ◇</p> <p>10:00 Knitting Group</p> <p>10:00 Cribbage (intermediate)</p> <p style="text-align: center;"><b>Summer Hours Closing at 12pm</b></p>
<p><b>27</b></p> <p>10:00 Men's Coffee and Conversation</p> <p>10:00 American Mah Jongg Lessons ◇</p> <p>10:00 American Mahjong (Beginner)</p> <p>11:00 Caregiver Support Group</p> <p>1:00 Cribbage</p> <p>1:00 Hand &amp; Foot</p> <p>6:00 Bingo OPEN TO THE PUBLIC – Doors open at 5</p>	<p><b>28</b></p> <p>9:30 Weekly Blood Pressure Check</p> <p>10:00 Art Workshop ◇</p> <p>10:00 Gentle Vinyasa Yoga with Leslie ◇</p> <p>10:00 Mindfulness with Nancy</p> <p>12:00 Bridget's Lunch Bunch @ Stage Neck Inn ◇</p> <p>1:00 Canasta</p>	<p><b>29</b></p> <p>9:00 Bridge Group</p> <p>9:00 Strength &amp; Balance with Serina ◇</p> <p>10:30 Chair Zumba ◇</p> <p>10:00 Craft Group</p> <p>12:00 Summer BBQ Luncheon ◇</p> <p>1:00 American Mahjong (intermediate)</p> <p>1:00 Cribbage (intermediate)</p> <p>1:00 Book Club</p>	<p><b>30</b></p> <p>9:00 Cardio and Dance ◇</p> <p><b>9:00 Rufus Porter Folk Art Museum Trip</b></p> <p>10:00 Octets Bridge</p> <p>10:00 Tai Chi ◇</p> <p>11:00 Social Club</p> <p>1:00 American Mahjong (novice)</p> <p>1:00 Adult Coloring Group</p> <p>2:00 Ukulele Group</p>	<p><b>31</b></p> <p>9:00 Open House</p> <p>9:00 Mat Pilates ◇</p> <p>10:00 Knitting Group</p> <p>10:00 Cribbage (intermediate)</p> <p style="text-align: center;"><b>Summer Hours Closing at 12pm</b></p>

**KEY**

**Highlighted Program** = New & Noteworthy

◇ = Program Fee

**Bold Program** = Off-Site Program or Fundraiser