

MONONA SENIOR CENTER CALENDAR • JULY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
  				
				
<p>9:00 Cribbage 10:00 Stretch & Tone 11:00 Pilates 12:00 Nutrition Site 12:15 Sheephead</p>				
<p>4</p>  	<p>5</p> <p>10:00 Chair Yoga 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble 12:30 Dan's Open Lab</p>	<p>6</p> <p>10:00 Coffee & Conv. 10:00 Memory Café 10:00 Stretch & Tone 11:00 Pilates 12:00 Canasta 12:45 Euchre</p>	<p>7</p> <p>8:45 Sr. Shape-up 10:00 Crafts 11:30 Cup of Chi 12:00 Bingo & Lunch 12:00 Dominoes</p> 	<p>8</p> <p>9:00 Cribbage 10:00 Stretch & Tone 11:00 Pilates 11:30 NewBridge Case Manager 12:00 Nutrition Site 12:15 Sheephead 1:30 Movie</p>
<p>11</p> <p>8:30 Quilters 10:00 Stretch & Tone 11:00 Pilates <i>11:00 Tai Chi</i> 12:00 Reflexology 12:00 Adult Coloring 12:30 Bridge</p>	<p>12</p> <p>9:00 Foot Care Clinic 10:00 Chair Yoga 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble</p>	<p>13</p> <p>10:00 Stretch & Tone 10:00 Veterans Group 11:00 Pilates 12:00 Canasta 12:45 Euchre</p> 	<p>14</p> <p>8:45 Sr. Shape-up 10:00 Crafts 11:30 Cup of Chi 12:00 Dominoes 1:00 Stamp Camp 1:00 Foot Care Clinic</p>	<p>15</p> <p>8:00 Chair Massage 9:00 Cribbage 9:00 R.O.M.E.O 10:00 Stretch & Tone 11:00 Pilates 12:00 Nutrition Site 12:15 Sheephead 1:30 Movie</p>
<p>18</p> <p>8:30 Quilters 10:00 Stretch & Tone 11:00 Pilates <i>11:00 Tai Chi</i> 12:00 Adult Coloring 12:30 Bridge</p>	<p>19</p> <p>10:00 Chair Yoga 12:00 Carve-In 12:30 500/Hand & Foot 12:30 Dan's Open Lab 1:00 Scrabble <i>6:30 Summer Concert</i></p> 	<p>20</p> <p><i>10:00 Knit & Stitch</i> 10:00 Stretch & Tone 11:00 Outdoor Games 11:00 Pilates 12:00 Canasta 12:45 Euchre <i>1:30 Bird & Nature Adventures</i></p>	<p>21</p> <p>10:00 "Christmas in July" Craft Sale 9:00 Reflexology 11:30 Cup of Chi 4:00 Friends Board Meeting</p>	<p>22</p> <p>9:00 Foot Care Clinic 9:00 Cribbage 10:00 Stretch & Tone 11:00 Pilates 11:00 Low Vision 12:00 Nutrition Site 12:15 Sheephead</p>
<p>25</p> <p>8:30 Quilters 8:45 Diabetic Foot Clinic 10:00 Stretch & Tone 11:00 Pilates <i>11:00 Tai Chi</i> 12:00 Adult Coloring 12:30 Bridge</p>	<p>26</p> <p>10:00 Chair Yoga 12:00 Carve-In 1:00 500/Hand & Foot 1:00 Scrabble <i>6:30 Summer Concert</i></p> 	<p>27</p> <p>10:00 Health & Wealth Series 10:00 Stretch & Tone <i>10:00 Memory Screen</i> 11:00 Pilates 12:00 Canasta 12:45 Euchre</p>	<p>28</p> <p>8:45 Sr. Shape-up 9:00 Foot Care Clinic 10:00 Crafts 11:30 Cup of Chi 12:00 Dominoes 1:00 Desk Volunteer Meeting</p> 	<p>29</p> <p>9:00 Cribbage 10:00 Stretch & Tone 11:00 Pilates 12:00 Nutrition Site 12:15 Sheephead <i>1:00 Ice Cream Social</i></p>

Italics denotes offsite events. **Green** denotes Zoom events. **Blue** denotes both in person & virtual.