



REGULARLY SCHEDULED EVENTS

Sunday

8:00 Church Bus
8:45 Church Bus
9:30 Church Bus

Monday

Dr. Appointments
6:15 Early Bird Swimming Class
9:00 "Stretch-ercise" Swimming
1:00 Wii Sports Games (T)
1:15 Canasta (C)
1:30 Bridge (C)
3:30 Fit For Life (ES) •
5:00 Low Impact/Endurance Swimming
6:00 Cardio & Strength Swimming

Tuesday

7:00 Lap Swimming
9:00 23rd Street to Louisiana Shopping
(HyVee, Dillons, Checkers, & Walgreens)
10:00 South Iowa Shopping (Aldi's JC
Penney, Target, Walmart, Kohls, & Post
Office)
10:15-11:00 Chair Yoga Class (ES)
10:30 Blood Pressure Screening (T)
11:00 23rd & Iowa Shopping (Hobby
Lobby, Paper Warehouse, & Office
Depot)
5:00 Cardio & Strength Swimming
7:00 Computer Class (CR)***

Wednesday

Dr. Appointments
6:15 Early Bird Swimming Class
9:00 "Stretch-ercise" Swimming
9:00 Bookmobile (C)
9:15 Bible Study w/ Mary Lou McGonigle
(J)
9:30 Endacott Society – Adams Ctr. SUR
11:00 University Forum – ECM SUR **
1:30 Writing Group (C)
3:15 Townhouse Wii Sports (S)
3:30 Fit For Life (ES) ••
5:00 Low Impact/Endurance Swimming

6:00 Arthritis Swimming

Thursday

7:00 Lap Swimming
9:00 6th Street Shopping (Dillons on
Wakarusa, HyVee, Dillons at Lawrence
Ave., The Mercantile, & Walgreens at
Kasold)
10:00 Downtown Route Shopping (Post
Office, Weavers, Borders, & Other
Downtown Businesses)
11:00 6th Street Shopping (LT's)
1:30 Bridge (C)
2:00 Town House Exercise Class (S)*
5:00 Cardio & Strength Swimming

Friday

Dr. Appointments
6:15 Early Bird Swimming Class
9:00 "Stretch-ercise" Swimming
1:00 Wii Sports (T)
3:30 Fit For Life (ES) •••
4:00 Happy Hour (Big12 Pub)
5:00 Low Impact/Endurance Swimming

Saturday

6:15 Saturday Night Bingo (T) •••••

*** Computer class only on 7/7 and 7/21.

** University Forum Does Not Meet in July.

*Town House Exercise Class will not meet in
July or August but will reconvene in
September.

• No Fit For Life class on 7/13 due to
Wilma's 80th Birthday Family Celebration

•• No Fit For Life class on 7/15 due to
Wilma's 80th Celebration.

••• No Fit For Life class on 7/10 due
to Wilma's 80th Celebration.

•••• No Saturday Night Bingo on
July 4th due to Holiday.