

Senior Activity Calendar

July 2026

For help with resources, call Katie T. at 303-335-4919

For other senior questions, call Katie B. at 303-335-4914

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9 Massage with Erica 10 Panera Giveaway 11 Oldies Sing Along 12:45 Scrabble Meet up 1 Intermediate and Advanced Line Dance 1:15 Open Game Day	2 9 Massage with Erica 9 Loving Hands Craft Group 11:15 Zumba Gold Chair® 1 Fresh Conversations 1:15 Beginning Line Dance 1:15 Samba Card Game 2:15 Improvers Line Dance	3 9 Chair Massage 10 Art Club 10 Latte Friday 11 Singin' Seniors Choir 1 Massage with Erica 1:15 Bridge, Advanced-Intermediate Duplicate	4 Closed for 4 th of July
6 9 Massage with Erica 1:15 Bridge, All Levels 1:15 Chess Club 3 Tai Chi 1-Mondays 4 Introduction to Tai Chi	7 9 Massage with Erica 1 American Mah Jongg Meet Up 1:15 Tap Dancing	8 9 Massage with Erica 10 Panera Giveaway 11 Oldies Sing Along 12:45 Scrabble Meet up 1 Intermediate and Advanced Line Dance 1 Bloomin Seniors Meeting 1 Boulder County Medicare Counseling 1:15 Open Game Day 3 Tai Chi 2-Wednesdays 4 Tai Chi 1-Wednesdays 5:15 Tai Chi 3-Wednesdays	9 9 Massage with Erica 9 Loving Hands Craft Group 11:15 Zumba Gold Chair® 1 Senior Cinema: Song Sung Blue, 2025, PG-13 1:15 Beginning Line Dance 1:15 Samba Card Game 2:15 Improvers Line Dance 4:30 Dinner: John's Table, Louisville	10 9 Massage with Erica 9 Chair Massage 10 Art Club 10 Latte Friday 10 Coffee with Staff 11 Singin' Seniors Choir 1:15 Bridge, Advanced-Intermediate Duplicate	11 10 Meditation 10 Tai Chi 3-Saturdays 11 Soul Massage available 11:30 Tai Chi 2-Saturdays 2:30 Let's Speak Italiano Class

13 9 Massage with Erica 9:30 American Mah Jongg for Beginners 10:30 Trip: Empower Field & Lunch 1:15 Bridge, All Levels 1:15 Chess Club 3 Tai Chi 1-Mondays 4 Introduction to Tai Chi	14 8:30 VNA Footcare 9 Technology Help with Eric 1 American Mah Jongg Meet Up 1 AARP Smart Driver Class 1:15 Tap Dancing	15 9 Massage with Erica 9:30 American Mah Jongg for Beginners 10 Panera Giveaway 11 Oldies Sing Along 12:45 Scrabble Meet up 1 Intermediate and Advanced Line Dance 1:15 Open Game Day 3 Tai Chi 2-Wednesdays 4 Tai Chi 1-Wednesdays 5:15 Tai Chi 3-Wednesdays	16 9 Massage with Erica 9 Loving Hands Craft Group 11:15 Zumba Gold Chair® 12 July Birthday Lunch at Brooks Café 1:15 Beginning Line Dance 1:15 Samba Card Game 2:15 Improvers Line Dance 6 Senior Ice Cream Social at Community Park	17 9 Chair Massage 10 Blood Pressure Checks in Lobby 10 Art Club 10 Latte Friday 11 Singin' Seniors Choir 1 Massage with Erica 1:15 Bridge, Advanced-Intermediate Duplicate	18 10 Meditation 10 Tai Chi 3-Saturdays 11 Soul Massage available 11:30 Tai Chi 2-Saturdays
20 9 Massage with Erica 9:30 American Mah Jongg for Beginners 1:15 Bridge, All Levels 1:15 Chess Club 3 Tai Chi 1-Mondays 4 Introduction to Tai Chi	21 9 Massage with Erica 9 Trip: Ameristar Casino, Blackhawk 9 Technology Help with Eric 1 American Mah Jongg Meet Up	22 9 Massage with Erica 9:30 American Mah Jongg for Beginners 10 Panera Giveaway 11 Oldies Sing Along 12 Lunchtime Talk at Brooks Café: Alzheimer's Association 12:45 Scrabble Meet up 1 Intermediate and Advanced Line Dance 1:15 Open Game Day 3 Tai Chi 2-Wednesdays 4 Tai Chi 1-Wednesdays 5:15 Tai Chi 3-Wednesdays	23 9 Massage with Erica 9 Loving Hands Craft Group 11:15 Zumba Gold Chair® 1:15 Beginning Line Dance 1:15 Samba Card Game 2:15 Improvers Line Dance	24 9 Massage with Erica 9 Chair Massage 10 Art Club 10 Latte Friday 11 Singin' Seniors Choir 1:15 Bridge, Advanced-Intermediate Duplicate	25 10 Meditation 10 Tai Chi 3-Saturdays 11 Soul Massage available 11:30 Tai Chi 2-Saturdays

27	28	29	30	31	
9 Massage with Erica 9:15 Trip: Georgetown Town & Train 1:15 Bridge, All Levels 1:15 Chess Club 3 Tai Chi 1-Mondays 4 Introduction to Tai Chi	8:30 VNA Footcare 9 Massage with Erica 9 Technology Help with Eric 1 Senior Book Club: <u>The Woman They Could Not Silence</u> by Kate Moore 1 American Mah Jongg Meet Up	9 Massage with Erica 10 Panera Giveaway 11 Oldies Sing Along 12:45 Scrabble Meet up 1 Intermediate and Advanced Line Dance 1:15 Open Game Day 3 Tai Chi 2-Wednesdays 4 Tai Chi 1-Wednesdays 5:15 Tai Chi 3-Wednesdays	9 Massage with Erica 9 Loving Hands Craft Group 11:15 Zumba Gold Chair® 1:15 Beginning Line Dance 1:15 Samba Card Game 2:15 Improvers Line Dance	9 Chair Massage 10 Art Club 10 Latte Friday 11 Singin' Seniors Choir 1 Massage with Erica 1:15 Bridge, Advanced-Intermediate Duplicate	