

Enrichment Center – 628 S.E. Allison Ct: Lake City FL 32025
(386-755-0235) www.ccseniors.com

July 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 10-11 – Caretenders – Blood Pressure Checks (BR)	4 CLOSED – INDEPENDENCE DAY	5 9:30-1:30 – Pearls (BR) 1:00 - ? - Bridge Players (MR)	6 8– 2 – Yard Sale 1:00 - ? - Bridge Players (MR) 2:30-3 - LEC Book Club (RR) 6-9 Friday Night Dance	7
8	9 1:00 - ? - Bridge Players (MR)	10	11 Birthday Lunch at New Bethel Missionary Church 11:00	12 9-? – Family Caregivers Support Group – (RR) 10-12	13 – Popsicle Day 8 – 2 – Yard Sale 1:00 - ? - Bridge Players (MR) 2-5 – Alzheimer’s Support Group (BR) 6-9 Friday Night Dance	14 Special Event: Bowl-A-Thon Reservations Required Lake City Bowl
15	16	17 10-12 – Shine (BR) 1-2 – NARFE (BR)	18 10:45-11:30 – Bob Denny (Live Entertainment)	19 9:30-1:30 – Pearls (BR) 1:00 - ? - Bridge Players (MR) Family Caregivers Support Group (RR) 10-12	20 8 – 2 – Yard Sale 1:00 - ? - Bridge Players (MR) 6-9 Friday Night Dance	21 Special Event: Geri-Actors Dinner Theater Reservations Required 5:00 PM – 7:00 PM
22	23 1:00 - ? - Bridge Players (MR)	24 Silly Sunglasses Day	25 10:45-11:30 – Martingales (Live Entertainment)	26	27 8 – 2 – Yard Sale 1:00 - ? - Bridge Players (MR) 2-5 – Alzheimer’s Support Group (BR)	28
29	30	31 Shower of Flowers Day 12:30-1:00 – Shane Morgan – Hurricane Preparedness				

Regularly Scheduled Daily Events

Monday

8:00-11:30 – Fitness Center
8:45-9:30 – Breakfast – DR
10-11:30 – Craft Class – AR
10:00 – 10:30 Chair Stretch - DR
10-11:30 – Cards - RR
11:45-12:45 – Lunch - DR
12:30-1:30 – Bingo – DR
1:00-3:00 – Woodcarvers – AR
1:30-2:30 – Flex Yoga – DR

Tuesday

8:00-11:00 – Fitness Center
8:45-9:30 – Breakfast – DR
10:00-11:30 – Crochet Class - SR
10:00-11:30 – Ceramics - AR
10:00-11:30 – Cards - RR
10:30-11:30 – Bible Study – MR
11:45-12:45 – Lunch – DR
12:30-1:30 – Geri-Actors Theatre Practice – SR
12:45 – 1:30 – Ladder Ball - DR
1:30-2:30 – Line dancing – DR

Wednesday

8:00-11:30 – Fitness Center
8:45 – 9:30 – Breakfast – DR
10:00 – 10:30 Chair Stretch DR
10:00-11:30 – Jewelry Class – AR - \$6
10:00-11:30 – Basic Quilting Class - SR
10:45-11:30 – Live Entertainment or
 Birthday Luncheon
12:30 – 1:30 Scrap Booking/ cards - AR
12:45-1:30 – X Box Bowling – DR

Thursday

8:00-11:30 – Fitness Center
8:45-9:30 – Breakfast – DR
10:00-11:30 – Cards - RR
10-11:30 – Plastic Canvas Class
 w/Ms. Levy - AR
11:45-12:45 – Lunch – DR
12:30–1:00 Strength Class for Seniors –DR
12:30-1:30 – Geri-Actors Theater Practice
 w/Frank - SR
1:30-2:30 – Flex Yoga - DR
1:00-2:15 – Beginning Computer Class - RR
2:30-3:34 – Advanced Computer Class – RR

Friday

8:00-11:30 – Fitness Center
8:45-9:30 – Breakfast – DR
9:30 – 10:30 Painting class AR
10:00 – 10:30 Chair Stretch DR
10:00-11:30 – Cards - RR
10:30-11:30 – Kitchen Band Practice - DR
11:45-12:45 – Lunch - DR
12:30-1:30 – Bingo - DR
1:30-2:30 – Line dancing – DR
6:00-9:00 – Friday Night Dance - \$7.00