		Calendar of Activities - July 2024	Not	e: This does not include all activities & events.
Monday - July 1	Tuesday - July 2	Wednesday - July 3	Thursday - July 4	Friday - July 5
	6:00-6:45a Fast Fitness w/Beth	6:00-6:45a Fast Fitness w/Beth		9:00-10:00a Gentle Stretch Exercise
8:30-9:30a Tai Chi Beginning Basics	7:00-8:00a Zumba Chair	8:00-10:00a Drop-in Art	. 📤	9:00-10:00a Zumba Gold
9:00-10:00a Gentle Stretch Exercise	8:30-11:30a Pinochle	9:00-10:00a Gentle Stretch Exercise	5.5	10:15-11:15a Traditional Exercise
9-10:00& 10-11:00a Dance Aerobics (RecCtr)	9:00-11:00a Calif. Native American Sacred Sites	9:00-10:00a Zumba Gold		10:15a-12:15p Knitting / Crochet Group
9:00a-12:00n Mexican Train	10:00-11:00a Peer Support w/Kelly 10:00-11:00a Bingo	9:00-11:00a Drop-in Ping Pong (on patio) 9:00a-12:00n Drop-In Crafters	X 4 2 X	10:30-11:45a DeLeon Music
10:00a-12:00n Watercolor w/Deborah 10:00a-12:00n Drop-in Ping Pong	12:30-4:00p Interm./Advanced Hand&Foot	10:00a-12:00n Drop-in Crafters		12:00n-1:00p& 1:00-2:00p Circuit/Equip Training 12:00n-2:00p& 2:00-4:00p Beg. Music Class
10:15-11:15a Traditional Exercise	1:00-2:00p My Purpose	10:15-11:15a Traditional Exercise		12:00n-4:00p Bridge
11:00a-1:00p Bunco	1:00-3:00p Beg. Western Line Dance	10:30-11:45a Top Dollar Music		12:30-4:00p Interm./Advanced Hand&Foot
12:00-1:00& 1:00-2:00p Circuit/Equip Training	1:30-2:30p Trad'l Exercise with Don	12:00-4:00p Bridge		1:00-3:00p Beg. Western Line Dance
1:00-3:00p Beg. Western Line Dance	2:30-3:30p Yoga with Don	1:00-4:00p Ceramics with Vickie		1:00-3:00p Decorative Cards
1:00-3:00p Beginning Drawing w/Deborah 1:15-3:15p 2500 Card Game	6:00-7:00p Senior Tabata 6:30-8:00p Clovis Chorale	1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics	4th of July	3:00-5:00p Basic Acrylic Landscape 3:00-5:00p Pre-Beginning Line Dance
2:00-3:00p Navigating Grief w/Kelly	0.00 0.00p olovis olioitale	4:00-5:00p rai Cili Beyond Basics 4:00-5:00p iPhone 101 with Nora		5:00-7:00p Beg.Couples Western Dance
3:00-5:00p Pre-Beginning Line Dance		5:00-8:00p Karaoke Night		7:00-7:300p Free Line Dance Lesson
3:15-4:15p Meditation with Kirk			CENTER IS CLOSED	7:30-10:00p Western Dance
5:30-7:30p Garden Painting				
Monday - July 8	Tuesday - July 9	Wednesday - July 10	Thursday - July 11	Friday - July 12
	6:00-6:45a Fast Fitness w/Beth	6:00-6:45a Fast Fitness w/Beth	6:00-6:45a Fast Fitness w/Beth	9:00-10:00a Gentle Stretch Exercise
8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise	7:00-8:00a Zumba Chair 8:30-11:30a Pinochle	8:00-10:00a Drop-in Art 9:00-10:00a Gentle Stretch Exercise	7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout	9:00-10:00a Zumba Gold 9:00-11:00a Wreath Making w/Krystal
9:00-10:00a Gentie Stretch Exercise 9:00-10:00a Book Club	9:00-10:00a Book Club	9:00-10:00a Gentle Stretch Exercise	9:00-10:00a Dance Aerobics	10:15-11:15a Traditional Exercise
9-10:00& 10-11:00a Dance Aerobics (RecCtr)	9:00-11:00a Calif. Native American Sacred Sites	9:00-11:00a Zumba Cold 9:00-11:00a Drop-in Ping Pong (on patio)	9:00-11:00a Drop-in Ping Pong	10:15a-12:15p Knitting / Crochet Group
9:00a-12:00n Mexican Train	10:00-11:00a Peer Support w/Kelly	9:00a-12:00n Drop-In Crafters	9:30-11:30a Memoir Writing Class	10:30-11:45a DeLeon Music
10:00a-12:00n Watercolor w/Deborah	10:00-11:00a Bingo	10:00a-12:00p Morning Ceramics with Vickie	10:00-11:00a Dance Aerobics	12:00n-1:00p& 1:00-2:00p Circuit/Equip Training
10:00a-12:00n Drop-in Ping Pong	11:30a-1:30p Make & Take 1 with April 12:30-4:00p Interm./Advanced Hand&Foot	10:15-11:15a Traditional Exercise	10:00a-1:00p Advanced Watercolor	12:00n-2:00p& 2:00-4:00p Beg. Music Class
10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco	12:30-4:00p Interm./Advanced Hand&Foot 1:00-2:00p My Purpose	10:30-11:45a Top Dollar Music 12:00-4:00p Bridge	12:00n-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train	12:00n-4:00p Bridge 12:30-4:00p Interm./Advanced Hand&Foot
12:00-1:00& 1:00-2:00p Circuit/Equip Training		1:00-2:00p Bridge 1:00-2:00p Medicare 101	1:00-3:00p Beg. Western Line Dance	1:00-3:00p Beg. Western Line Dance
1:00-3:00p Beg. Western Line Dance	1:30-2:30p Trad'l Exercise with Don	1:00-4:00p Ceramics with Vickie	1:30-2:30p Trad'l Exercise with Don	1:00-3:00p Decorative Cards
1:00-3:00p Beginning Drawing w/Deborah	2:00-4:00p Magical Inks w/Maxine	2:00-3:00p Trim Budget Financial Presentation	2:30-3:30p Yoga with Don	3:00-5:00p Basic Acrylic Landscape
1:15-3:15p 2500 Card Game	2:30-3:30p Yoga with Don	1:00-4:30p Beginning Hand & Foot	3:00-6:00p Make & Take 2 with April	3:00-5:00p Pre-Beginning Line Dance
2:00-3:00p Navigating Grief w/Kelly	5:00-7:00p Posh Decorating with April	4:00-5:00p Tai Chi Beyond Basics	6:00-7:00p Senior Tabata	5:00-7:00p Beg.Couples Western Dance
3:00-5:00p Pre-Beginning Line Dance 5:30-7:30p Garden Painting	6:00-7:00p Senior Tabata 6:30-8:00p Clovis Chorale	5:00-8:00p Karaoke Night		7:00-7:300p Free Line Dance Lesson 7:30-10:00p Western Dance
7:00-9:00p Inter. Couples Western Dance	0.50-6.00p Glovis Griorale			7.50-10.00p Western Dance
Monday - July 15	Tuesday - July 16	Wednesday - July 17	Thursday - July 18	Friday - July 19
	6:00-6:45a Fast Fitness w/Beth	6:00-6:45a Fast Fitness w/Beth	6:00-6:45a Fast Fitness w/Beth	9:00-10:00a Gentle Stretch Exercise
8:30-9:30a Tai Chi Beginning Basics	7:00-8:00a Zumba Chair	8:00-10:00a Drop-in Art	7:00-8:00a Zumba Chair	9:00-10:00a Zumba Gold
9:00-10:00a Gentle Stretch Exercise	8:00-10:00a Newsletter Folding	9:00-10:00a Gentle Stretch Exercise	8:00-8:45a Walking Workout	9:00-10:00a Novella Dean Book Reading
9:00-10:00a Book Club	8:30-11:30a Pinochle	9:00-10:00a Zumba Gold	9:00-10:00a Dance Aerobics	10:15-11:15a Traditional Exercise
9-10:00& 10-11:00a Dance Aerobics (RecCtr)	9:00-10:00a Book Club	9:00-11:00a Drop-in Ping Pong (on patio) 9:00a-12:00n Drop-In Crafters	9:00-11:00a Drop-in Ping Pong (on patio) 9:00-12:00p JOLLY TIMES	10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music
9:00a-12:00n Mexican Train 10:00a-12:00n Watercolor w/Deborah	9:00-11:00a Calif. Native Amer. Sacred Sites 10:00-11:00a Peer Support w/Kellv	10:00a-12:00n Drop-in Cranters	9:30-12:00p JOLLY TIMES	12:00n-1:00p& 1:00-2:00p Circuit/Equip Training
10:00a-12:00n Drop-in Ping Pong	10:00-11:00a Feel Support w/Kelly	10:15-11:15a Traditional Exercise	10:00-11:00a Memoir Writing Class	12:00n-2:00p& 2:00-2:00p Girculo Equip Training
10:15-11:15a Traditional Exercise	11:30a-1:30p Make & Take 1 with April	10:30-11:45a Top Dollar Music	12:00n-1:00p Circuit/Equipment Training	12:00n-4:00p Bridge
11:00a-1:00p Bunco	12:30-4:00p Interm./Advanced Hand&Foot	12:00-4:00p Bridge	12:30-4:00p Mexican Train	12:30-4:00p Interm./Advanced Hand&Foot
12:00-1:00& 1:00-2:00p Circuit/Equip Training	1:00-2:00p My Purpose	1:00-4:00p Ceramics with Vickie	1:00-2:00p Hearing Aids Cleaning	1:00-3:00p Beg. Western Line Dance
1:00-3:00p Beg. Western Line Dance 1:00-3:00p Beginning Drawing w/Deborah	1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exercise with Don	1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics	1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exercise with Don	1:00-3:00p Decorative Cards 3:00-5:00p Basic Acrylic Landscape
1:15-3:15p 2500 Card Game	2:00-4:00p Magical Inks w/Maxine	5:00-8:00p Karaoke Night	2:30-3:30p Yoga with Don	3:00-5:00p Basic Actylic Landscape 3:00-5:00p Pre-Beginning Line Dance
2:00-3:00p Navigating Grief w/Kelly	2:30-3:30p Yoga with Don	0.00 0.00p Naraoke riight	3:00-6:00p Make & Take 2 with April	5:00-7:00p Beg.Couples Western Dance
3:00-5:00p Pre-Beginning Line Dance	5:00-7:00p Posh Decorating with April		6:00-7:00p Senior Tabata	7:00-7:300p Free Line Dance Lesson
5:30-7:30p Garden Painting	6:00-7:00p Senior Tabata			7:30-10:00p Western Dance
7:00-9:00p Inter. Couples Western Dance	6:30-8:00p Clovis Chorale			
Monday - July 22	Tuesday - July 23	Wednesday - July 24	Thursday - July 25	Friday - July 26
	6:00-6:45a Fast Fitness w/Beth	6:00-6:45a Fast Fitness w/Beth	6:00-6:45a Fast Fitness w/Beth	9:00-10:00a Gentle Stretch Exercise
8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise	7:00-8:00a Zumba Chair 8:30-11:30a Pinochle	8:00-10:00a Drop-in Art 9:00-10:00a Gentle Stretch Exercise	7:00-8:00a Zumba Chair	9:00-10:00a Zumba Gold 10:00-11:00a Exploring Your Pallet Acrylic Paint
9:00-10:00a Gentie Stretch Exercise 9:00-10:00a Book Club	9:00-10:00a Book Club	9:00-10:00a Gentie Stretch Exercise 9:00-10:00a Zumba Gold	8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics	10:15-11:10a Exploring Your Pallet Acrylic Paint
	9:00-10:00a Book Club 9:00-11:00a Calif. Native American Sacred Sites		9:00-10:00a Dance Aerobics 9:00-11:00a Drop-in Ping Pong	10:15a-12:15p Knitting / Crochet Group
9:00a-12:00n Mexican Train	10:00-11:00a Caiii. Native Affician Sacred Sites	9:00a-12:00n Drop-In Crafters	9:30-11:30a Memoir Writing Class	10:30-11:45a DeLeon Music
10:00a-12:00n Watercolor w/Deborah	10:00-11:00a Bingo	10:00a-12:00p Morning Ceramics with Vickie	10:00-11:00a Dance Aerobics	11:15a-12:15p Drawing For Fun with Kirk
10:00a-12:00n Drop-in Ping Pong	11:30a-1:30p Make & Take 1 with April	10:15-11:15a Traditional Exercise	11:30a-12:30p Aerobic Kickboxing w/Kirk	12:00n-1:00p& 1:00-2:00p Circuit/Equip Training
10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco	12:30-4:00p Interm./Advanced Hand&Foot 1:00-2:00p My Purpose	10:30-11:45a Top Dollar Music 12:00-3:00p Health/Wellness Resource Fair	12:00n-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train	12:00n-2:00p& 2:00-4:00p Beg. Music Class 12:00n-4:00p Bridge
12:00-1:00¢ 1:00-2:00p Circuit/Equip Training		12:00-3:00p Health/Wellness Resource Fair 12:00-4:00p Bridge	1:00-3:00p Beg. Western Line Dance	12:30-4:00p Bridge 12:30-4:00p Interm./Advanced Hand&Foot
1:00-3:00p Beg. Western Line Dance	1:30-2:30p Beg. Western Line Dance	1:00-2:00p What is Welbe Health presentation	1:30-2:30p Trad'l Exercise with Don	1:00-3:00p Beg. Western Line Dance
1:00-3:00p Beginning Drawing w/Deborah	2:00-4:00p Magical Inks w/Maxine	1:00-4:00p Ceramics with Vickie	1:30-2:30p Mixed Media Art with Kirk	1:00-3:00p Decorative Cards
1:15-3:15p 2500 Card Game	2:30-3:30p Yoga with Don	1:00-4:30p Beginning Hand & Foot	2:30-3:30p Yoga with Don	3:00-5:00p Basic Acrylic Landscape
2:00-3:00p Navigating Grief w/Kelly	3:30-4:30p Beginning Karate with Kirk	4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	3:00-6:00p Make & Take 2 with April	3:00-5:00p Pre-Beginning Line Dance
3:00-5:00p Pre-Beginning Line Dance 3:15-4:15p Meditation with Kirk	5:00-7:00p Posh Decorating with April 6:00-7:00p Senior Tabata	5.00-6.00p Narauke INIGITE	6:00-7:00p Senior Tabata	5:00-6:00p Meditation with Kirk 5:00-7:00p Beg.Couples Western Dance
5:30-7:30p Garden Painting	6:30-8:00p Clovis Chorale			7:30-10:00p Western Dance
Monday - July 29	Tuesday - July 30	Wednesday - July 31		
8:00-8:45a Walking Workout (at Rec. Center)	6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair	6:00-6:45a Fast Fitness w/Beth 8:00-10:00a Drop-in Art		***THE JULY LUNCH MENU IS AVAILABLE
8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise	8:30-11:30a Pinochle	9:00-10:00a Drop-in Art	.17	FOR PICK UP AT THE FRONT OFFICE***
9:00-10:00a Gentle Gretch Exercise		9:00-10:00a Zumba Gold	A 📤 🕴 🕴 📥 🚈 🚁	. Salter of Al Markoni office
9-10:00& 10-11:00a Dance Aerobics (RecCtr)	10:00-11:00a Peer Support w/Kelly	9:00-11:00a Drop-in Ping Pong (on patio)		M
9:00a-12:00n Mexican Train	10:00-11:00a Bingo	9:00a-12:00n Drop-In Crafters		
10:00a-12:00n Watercolor w/Deborah	11:30a-1:30p Make & Take 1 with April	10:00a-12:00p Morning Ceramics with Vickie		The state of the s
10:00a-12:00n Drop-in Ping Pong 10:15-11:15a Traditional Exercise	12:30-4:00p Interm./Advanced Hand&Foot 1:00-2:00p My Purpose	10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music		
11:00a-1:00p Bunco	1:00-2:00p My Purpose 1:00-3:00p Beg. Western Line Dance	12:00-4:00p Bridge		
12:00-1:00& 1:00-2:00p Circuit/Equip Training		1:00-2:00p Fresno Against Sr. Exploitation		
1:00-3:00p Beg. Western Line Dance	2:00-4:00p Magical Inks w/Maxine	1:00-4:00p Ceramics with Vickie		
1:00-3:00p Beginning Drawing w/Deborah	2:30-3:30p Yoga with Don	1:00-4:30p Beginning Hand & Foot		
1:15-3:15p 2500 Card Game 2:00-3:00p Navigating Grief w/Kelly	3:30-4:30p Beginning Karate with Kirk 5:00-7:00p Posh Decorating with April	4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night		
3:00-5:00p Pre-Beginning Line Dance	6:00-7:00p Posh Decorating with April	5.00-6.00p Narauke Nigrit		
3:15-4:15p Meditation with Kirk	6:30-8:00p Clovis Chorale			
5:30-7:30p Garden Painting				
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