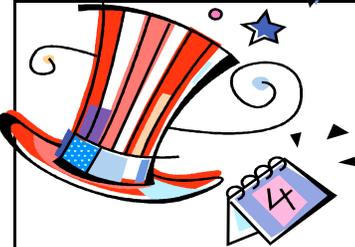


# Menasha Senior Center JULY 2009

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
		9:30 Line Dancing 1 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-top: 5px;">1:00 VNA Foot-</div>	8:30 Oil Painting 2 10:00 <b>BenSpec</b> 11:20 Meals 12:30 Cribbage 1:00 <b>BINGO-Sterling House</b> 1:00 Bridge <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-top: 5px;">9:30 <b>Healthy Steps</b></div>	10:00 <b>Wii</b> 3 11:20 Meals 12:00 Quilting 12:30 <i>Hand&amp;Foot</i> 1:30 Advanced Line Dancing 
6 9:30 Line Dancing 11:20 Meals 12:30 Scrabble 1:00 Men's cards	7 10:00 <b>Wii</b> 11:20 Meals 1:00 <b>Bingo</b> 1:15-3:00 <b>Blood Pressure ck</b>	8 9:30 Line Dancing 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	9 7:45 CA meeting 8:30 Oil Painting 9:00 PC meeting 10:00 <b>BenSpec</b> 11:20 Meals 12:30 Cribbage 1:00 Bridge <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-top: 5px;">9:30 <b>Healthy Steps</b></div>	10 10:00 <b>Wii</b> 11:20 Meals 12:00 Quilting 12:30 <i>Hand&amp;Foot</i> 1:00 <b>RWB Party</b> 
13 9:30 Line Dancing 10:30am <b>Nutro</b> Bingo 11:20 Meals 12:30 Card making class 1:00 Men's cards	14 10:00 <b>Wii</b> 11:20 Meals 1:00 <b>Bingo</b> 1:15-3:00 <b>Blood Pressure ck</b>	15 9:30 Line dancing 10:00-11 Chair exercise 11:20 Meals 11:00 <i>You Can Do It</i> 12:30 Texas Hold'em 12:30 Shuffleboard 2:00 SALT meeting	16 8:30 Oil Painting 9:30 <b>Healthy Steps</b> 11:20 Meals 12:30 Cribbage 1:00 Bridge	17 10:00 <b>Wii</b> 11:20 Meals 12:00 Quilting 12:30 <i>Hand&amp;Foot</i> 1:30 Advanced Line Dancing
20 9:30 Line Dancing 11:20 Meals 12:30 Scrabble 1:00 Men's cards	21 10:00 <b>Wii</b> 11:20 Meals 1:00 <b>Bingo</b> 1:15-3:00 <b>Blood Pressure ck</b>	22 9:30 Line Dancing 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	23 8:30 Oil Painting 9:30 <b>Healthy Steps</b> 11:20 Meals 12:30 Cribbage 1:00 Bridge <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-top: 5px;">23rd &amp; 24th—MSC Brat fry at 116 Main Street</div>	24 10:00 <b>Wii</b> 11:20 Meals 12:00 Quilting 12:30 <i>Hand&amp;Foot</i>
27 9:30 Line Dancing 11:20 Meals 1:00 Men's cards	28 9:00 Newsletter Assemb. 10:00 <b>Wii</b> 10:30-12n <b>Blood Pressure</b> 11:20 Meals 1:00 <b>Bingo</b>	29 9:30 Line Dancing 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	30 8:30 Oil Painting 9:30 <b>Healthy Steps</b> 11:20 Meals 12:30 Cribbage 1:00 Bridge 1:00 VNA Foot care	31 10:00 <b>Wii</b> 11:30 Meals 12:00 Quilting 12:30 <i>Hand&amp;Foot</i> 1:30 Advanced Line Dancing