
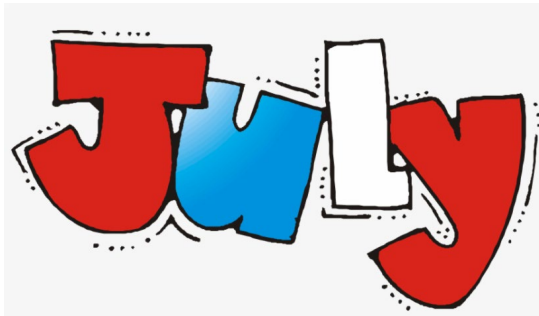


Guideway/Bug Hill Senior Center July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 Exercise Room 9-5 10 Crosswords/Puzzles 11:00 Geri Fit 11:30 Weekly Announcements 11:45 Lunch/Social 2:00 BEG Geri-Fit	2 Exercise Room 9-5 9:00 Puzzles/Games 11:30 Chair Exercise 11:45 Lunch/Social 1:00 "NEW" Cardio Drumming	3 Exercise Room 9-5 9:00 Puzzles/Games 11:00 Geri Fit 11:45 Lunch/Social 2:00 BEG Geri-Fit	4 <u>CLOSED</u> 	5 Exercise Room 9-1 9:00 Word Games 9:30 Fellowship/Fun 11:45 Devotion 12:00 Lunch/Social
8 Exercise Room 9-5 10 Crosswords/Puzzles 11:00 Geri Fit 11:30 Weekly Announcements 11:45 Lunch/Social 2:00 BEG Geri-Fit	9 Exercise Room 9-5 9:00 Puzzles/Games 11:30 Chair Exercise 11:45 Lunch/Social 1:00 "NEW" Cardio Drumming	10 Exercise Room 9-5 9:00 Puzzles/Games 11:00 Geri Fit 11:45 Lunch/Social 2:00 Geri Fit	11 Exercise Room 9-5 9:30 Cards 11:45 Lunch/Social 1:00 Puzzles/Games	12 Exercise Room 9-1 9:00 Word Games 11:45 Lunch/Social
15 Exercise Room 9-5 10 Crosswords/Puzzles 11:00 Geri Fit 11:30 Weekly Announcements 11:45 Lunch/Social 2:00 BEG Geri-Fit	16 Exercise Room 9-5 9:00 Puzzles/Games 11:30 Chair Exercise 11:45 Lunch/Social 1:00 Crafts	17 Exercise Room 9-5 9:00 Puzzles/Games 10:00 CHAIR VOLLEYBALL *NEW* 11:00 Geri Fit 11:45 Lunch/Social 2:00 BEG Geri-Fit	18 Exercise Room 9-1 9:00 Puzzles/Games 9:30 Cards <u>10:30 Bingo W/ GENTIVA</u> 11:45 Lunch/Social	19 Exercise Room 9-5 9:00 Word Games 9:30 Fellowship/Fun 11:45 Lunch/Social
22 Exercise Room 9-5 10 Crosswords/Puzzles 11:00 Geri Fit 11:30 Weekly Announcements 11:45 Lunch/Social 2:00 BEG Geri-Fit	23 Exercise Room 9-5 10:00 Puzzles/Games 11:45 Lunch/Social 1:00 "NEW" Cardio Drumming	24 Exercise Room 9-5 9:00 Puzzles/Games 11:00 Geri Fit 11:45 Lunch/Social 1:00 Couponing 2:00 BEG Geri-Fit	25 Exercise Room 9-5 9:30 Cards 11:45 Lunch/Social	26 Exercise Room 9-5 9:00 Word Games 9:30 Fellowship/Fun 11:45 Lunch/Social
29 Exercise Room 9-5 10 Crosswords/Puzzles 11:00 Geri Fit 11:30 Weekly Announcements 11:45 Lunch/Social 2:00 BEG Geri-Fit	30 Exercise Room 9-5 9:00 Puzzles/Games 11:30 Chair Exercise 11:45 Lunch/Social 1:00 Crafts	31 Exercise Room 9-5 9:00 Puzzles/Games 11:00 Geri Fit 11:45 Lunch/Social 1:00 Couponing 2:00 BEG Geri-Fit	Legal aid of NC 800.672.9304 Reverse Mortgage info 919-877-5700 Medication Assistance Program INFO 910-640-6602 ext. 250 Medicare Info: 910-640-6602 ext. 241	*Disclaimer: This calendar is subject to change at any time.

FOR MORE INFORMATION: Contact Jenny Godwin @ 788-1614 jgodwin@columbusco.org



Welcome to Guideway/Bug Hill Senior Center! We hope you all will come out and join.

*Find us at:
11570 Swamp Fox Hwy. East
Bldg. C
Tabor City, NC 28463*

We will be **CLOSED**
on Thursday July 4th
in Observation of
Memorial Day

910-788-1614

Upcoming Events:

Thursday July 18th
Gentiva will be here to
host BINGO @ 10:30
with prizes!

**Trip to Biltmore at
Christmas-Time
November 20-22nd .
\$529 per person DBL
occupancy.
Deposit due ASAP**



Beginning on Tuesday July 2nd we will be starting a 6 week Cardio Drumming class. Please let me know if you are interested in joining in the fun with us!

