

# July

2024

Bluffton Senior Center

## 60's and Better Program

"No other date on the calendar more potently symbolizes all that our nation stands for than the Fourth of July." — Mac Thornberry

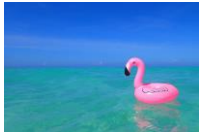
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Highlighted = Outing



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Beltone Hearing Presentation at Port Royal	2 Fresh Conversation The connection between Diet, Exercise, and Sleep.	3 4th of July Celebration	4 Closed	5 World Trivia + Monopoly	6 
7 	8 Lauren Shape Up (Yoga) + Bingo	9 Sprenger Health Exercise & Lunch 11am	10 Bingo + Tablet Training + Camp AME (Produce)	11 Sprenger Health (Arts & Crafts) 10am	12 Theater Movie + Popcorn	13 
14 	15 Bible Study (Pastor Sarah) + Bingo	16 Arts & Crafts (Senior Edition)	17 Bingo + Tablet Training + Camp AME (Produce)	18 Bluffton Farmers Market + Park Day	19 National Ice Sunday Day + Card Games	20 
21 	22 Bingo + Seated Zumba Exercise	23 Paint & Sip (Sparkling Bubbles)	24 Bingo + Tablet Training + Camp AME (Produce)	25 Ida Closet Campbell AME Church + Cards	26 Senior Breakfast Omelet Cafe	27 
28 	29 Lauren Shape Up (Pilates) + Bingo	30 Bluffton Self Help + Cards	31 Bingo + Tablet Training + Camp AME (Produce)			

\*Events are Subject to Change (Weather Permitted)