

Announcements

Music Therapy Days

July 18th at 9:00a

Coffee Talk In-Person

July 12th at 10:00a

July 26th at 10:00a

Events

July 8th – Sardella’s Pizza night on 83rd Ave and Lake Pleasant Parkway from 3:00-5:00pm

Fourth of July

Happy Fourth of July everyone. We hope that everyone has a grand and safe time celebrating! We will not be having classes that Thursday!

Birthday’s

George S.—7/3

May L.—7/18

Judy R.—7/29

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|--|
| | 1 10:00-11:00 Care Partners Support Group 3:30-4:30 Music Therapy Virtual 1:30-2:30 Women’s Group (virtual) | 2 9-9:50 PWR! Circuit 10-10:50 PWR! Moves 11-11:50 PWR! One | 3 9:00-9:50 Dance (virtual) 1:00 -2:00 Speaking Group (virtual) | 4 NO CLASS HAPPY FOURTH OF JULY | 5 10:00-10:50 Coffee Talk <u>Zoom</u> |
| | 8 10:00-11:00 Care Partners Support Group 3:30-4:30 Music Therapy Virtual 1:30-2:30 Women’s Group (virtual) Pizza Night 3-5p | 9 9-9:50 PWR! Circuit 10-10:50 PWR! Moves 11-11:50 PWR! One | 10 1:00 -2:00 Speaking Group (virtual) | 11 9-9:50 PWR! Circuit 10-10:50 PWR! Moves 11-11:50 PWR! One | 12 10:00-10:50 Coffee Talk <u>In Person</u> |
| | 15 10:00-11:00 Care Partners Support Group 3:30-4:30 Music Therapy Virtual 1:30-2:30 Women’s Group (virtual) | 16 9-9:50 PWR! Circuit 10-10:50 PWR! Moves 11-11:50 PWR! One | 17 1:00 -2:00 Speaking Group (virtual) | 18 9:00-9:50 Music Therapy 10-10:50 PWR! Moves and Circuit 11-11:50 PWR! One | 19 10:00-10:50 Coffee Talk <u>Zoom</u> |
| | 22 10:00-11:00 Care Partners Support Group 3:30-4:30 Music Therapy Virtual 1:30-2:30 Women’s Group (virtual) | 23 9-9:50 PWR! Circuit 10-10:50 PWR! Moves 11-11:50 PWR! One | 24 9:00-9:50 Dance (virtual) 1:00 -2:00 Speaking Group (virtual) | 25 9-9:50 PWR! Circuit 10-10:50 PWR! Moves 11-11:50 PWR! One | 26 10:00-10:50 Coffee Talk <u>In Person</u> |
| | 29 10:00-11:00 Care Partners Support Group 3:30-4:30 Music Therapy Virtual 1:30-2:30 Women’s Group (virtual) | 30 9-9:50 PWR! Circuit 10-10:50 PWR! Moves 11-11:50 PWR! One | 31 1:00 -2:00 Speaking Group (virtual) | <i>Upcoming Month</i> | <i>Upcoming Month</i> |