

JULY 2025



CENTER HOURS:
Monday - Friday: 8:30 am - 4 pm
CAFÉ HOURS:
Monday - Friday: 7:30 am - 2 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Walking Track</i> 12:00 - 2:00	<i>Walking Track</i> 9:00 - 11:00	<i>Walking Track</i> 12:00 - 2:00	<i>Walking Track</i> 9:00 - 11:00	<i>Walking Track</i> 12:00 - 2:00
PLEASE RSVP TO RESERVE A SPOT FOR OUR PROGRAMS 	1 Canasta 9:00 Bible Study 9:30 Watercolor 10:00 Coupon Clippers 10:30 General Caregivers* 12:15 Euchre 1:30	2 Chess 10:00 Gentle Exercise 10:00 YMCA Kids Patriotic Show 12:30 Blind Truth* 1:00 Mexican Train Dominoes 1:00	3 Mah Jong 9:00 Bridge 11:00 Alzheimer's Caregivers 1:00 Hand and Foot 1:00	4 Center & Café Closed for Holiday 
7 Pinochle 9:00 Bunco 1:00 Diabetes Support 1:00	8 Canasta 9:00 Line Dancing 9:00 Bible Study 9:30 Crafts w/ Windfall 10:00 Dance Party 10:15 Coupon Clippers 10:30 Table Talk w/ Dr. Patel* 12:00 Ask an Attorney -by appt. 1:00 Euchre 1:30	9 Chess 10:00 Summa Health Chat* 10:00 Gentle Exercise <u>11:00</u> Homestead Exemption 11:00 Mexican Train Dominoes 1:00 Trivia w/ Brookdale 2:00	10 Mah Jong 9:00 Vision Screenings - by appt 10:00 - 12:00 Bridge 11:00 Hand and Foot 1:00	11 Summer Bingo 10:00 Claire's Crafty Friends 12:00 Genealogy 2:00
14 Pinochle 9:00 Ukulele Practice 10:00 Bunco 1:00 Movie at Wads. Library 1:00 Medicare 101* 3:00	15 Canasta 9:00 Bible Study 9:30 Watercolor 10:00 Coupon Clippers 10:30 BP Checks 12:00 Parkinson's Caregivers* 12:15 Euchre 1:30	16 Chess 10:00 Gentle Exercise 10:00 Mexican Train Dominoes 1:00	17 Mah Jong 9:00 Bridge 11:00 Hand and Foot 1:00 County Assistance-by appt. 2:00	18 Car Show & Craft Fair 11:00 - 2:00 
21 Pinochle 9:00 Auction by Heartland Hospice 10:00 Tech Assist w/ MCBDD 11:00 Bunco 1:00 Drug Analysis Seminar 1:00	22 Canasta 9:00 Bible Study 9:30 Coupon Clippers 10:30 Garden Chat* 11:00 Cleveland Baseball History 1:00 Euchre 1:30 Cooking with Bev 2:30	23 Chess 10:00 Gentle Exercise 10:00 What is your Kumba 12:00 Mexican Train Dominoes 1:00 Funeral Q&A 2:00	24 Mah Jong 9:00 Crafts w/ Marilyn 10:00 Bridge 11:00 Poetry Open Mic 12:00 Hand and Foot 1:00 Mystery Book Exchange 12:00 Senior Book Chat 1:00 Grief Support 2:00	25 Yoga Gentle Flow 8:30 Summer Bingo 10:00 Claire's Crafty Friends 12:00 Genealogy 2:00
28 Pinochle 9:00 Ukulele Practice 10:00 Tech Café w/ MCBDD 11:00 Bunco 1:00 Monthly B-Day Party 1:00 Paper Crafting 101 1:00	29 Canasta 9:00 Bible Study 9:30 Coupon Clippers 10:30 Social Security: Your Questions Answered 1:00 Euchre 1:30	30 Chess 10:00 Gentle Exercise 10:00 What is your Kumba 12:00 Mexican Train Dominoes 1:00 Safety Awareness 2:00	31 Mah Jong 9:00 Virtual Dementia Tours - by appt. 9:00 - 3:30 Bridge 11:00 Hand and Foot 1:00 Decorating Demo / Stump Janet! 2:00	*PROGRAMS MARKED WITH AN ASTERISK (*) ARE BOTH IN PERSON & ON ZOOM (HYBRID). More Details at: www.WadsworthCity.com/SopremaSeniorCenter