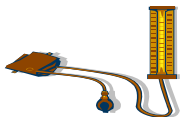


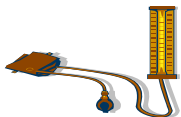

The O'Connor Senior Center

events for JULY 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BLOOD PRESSURE CHECKS DAILY 11:00 A.M. - 12:00 P.M.</p> 	<p>8:00 Harrah's trip leaving 9:00 French; Quilting; Tai Chi 9:30 Water Aerobics 10:00 Basic Arthritis Foundation Exercise; Conversational French; Party Bridge 11:00 Advanced Arthritis Foundation Exercise; 1:30 Tea Dance</p> <p style="text-align: right;">1</p>	<p>8:45 50+ Cardio 3 10:00 50+ Cardio 2; Ceramics; Painting; Party Bridge; Water Aerobics 1:00 Texas Hold 'Em Poker; Weight Loss Support Group 1:30 BINGO</p> <p style="text-align: right;">2</p>	<p>8:30 Blood Glucose Cks. 9:00 Beginners Tai Chi 9:30 Water Aerobics 10:00 Advanced Tai Chi Set Review; Basic Arthritis Foundation Exercise; Cards 11:00 Advanced Arthritis Foundation Exercise 1:30 Celebration of Independence</p> <p style="text-align: right;">3</p>	<p style="text-align: center;">CLOSED FOR INDEPENDENCE DAY</p> <p style="text-align: right;">4</p>
<p>8:45 50+ Cardio 3 9:00 Legal Assistance 10:00 50+ Cardio 2; Party Bridge; Water Aerobics 11:15 Advanced Line Dance</p> <p style="text-align: right;">7</p>	<p>9:00 French; Quilting; Tai Chi 9:30 Water Aerobics 10:00 Basic Arthritis Foundation Exercise; Conversational French; Party Bridge 11:00 Advanced Arthritis Foundation Exercise</p> <p style="text-align: right;">8</p>	<p>8:45 50+ Cardio 3 10:00 50+ Cardio 2; Ceramics; Gift Shop Steering Committee; Painting on your own; Party Bridge; Water Aerobics 1:00 Texas Hold 'Em Poker; Weight Loss Support Group 1:30 BINGO</p> <p style="text-align: right;">9</p>	<p>8:30 Blood Glucose Cks.; Happy Hikers 9:00 Beginners Tai Chi 9:30 Water Aerobics 10:00 Advanced Tai Chi Set Review; Basic Arthritis Foundation Exercise; Cards 11:00 Advanced Arthritis Foundation Exercise 1:00 Personal Safety</p> <p style="text-align: right;">10</p>	<p>8:45 50+ Cardio 3 9:00 Woodcarving 10:00 50+ Cardio 2 12:00 Conversational Spanish 1:00 JAM Session</p> <p style="text-align: right;">11</p>
				7:00 Saturday Dance 12
<p>8:45 50+ Cardio 3 10:00 50+ Cardio 2; Party Bridge; Water Aerobics 11:15 Advanced Line Dance 1:00 Garden Club 2:45 Grief Support Group</p> <p style="text-align: right;">14</p>	<p>9:00 French; Quilting; SCIRS Board; Tai Chi 9:30 Water Aerobics 10:00 Basic Arthritis Foundation Exercise; Conversational French; Party Bridge 11:00 Advanced Arthritis Foundation Exercise 1:00 Volunteer Recruitment Meeting</p> <p style="text-align: right;">15</p>	<p>8:45 50+ Cardio 3 10:00 50+ Cardio 2; Ask-a-Pharmacist; Ceramics; Painting on your own; Party Bridge; Water Aerobics 12:30 AARP Drivers Safety Course 1:00 Texas Hold 'Em Poker; Weight Loss Support Group 1:30 BINGO</p> <p style="text-align: right;">16</p>	<p>8:30 Blood Glucose Cks.; 9:00 Beginners Tai Chi 9:30 Water Aerobics 10:00 Advanced Tai Chi; Basic Arthritis Foundation Exercise; Cards; Happy Hikers mini-hike 11:00 Advanced Arthritis Foundation Exercise 12:30 AARP Drivers Safety Course 1:00 Personal Safety</p> <p style="text-align: right;">17</p>	<p>8:45 50+ Cardio 3 9:00 Woodcarving 10:00 50+ Cardio 2 10:30 Diabetes Support Group 11:00 Silver Stage Players 12:00 Conversational Spanish 1:00 JAM Session 6:35 Dance Club 7:00 Friday Dance</p> <p style="text-align: right;">18</p>
<p>8:45 50+ Cardio 3 9:00 Legal Assistance 10:00 50+ Cardio 2; Party Bridge; Water Aerobics 11:15 Advanced Line Dance 1:00 Financial Forum 2:45 Grief Support Group</p> <p style="text-align: right;">21</p>	<p>9:00 French; Quilting; Tai Chi 9:30 Water Aerobics 10:00 Basic Arthritis Foundation Exercise; Conversational French; Party Bridge 11:00 Advanced Arthritis Foundation Exercise 1:30 Hawaiian Luau</p> <p style="text-align: right;">22</p>	<p>8:45 50+ Cardio 3 10:00 50+ Cardio 2; Ceramics; Painting on your own; Party Bridge; Water Aerobics 1:00 Texas Hold 'Em Poker; Weight Loss Support Group 1:30 BINGO</p> <p style="text-align: right;">23</p>	<p>8:30 Blood Glucose Cks.; Happy Hikers 9:00 Beginners Tai Chi 9:30 Water Aerobics 10:00 Advanced Tai Chi Set Review; Basic Arthritis Foundation Exercise; Cards; 11:00 Advanced Arthritis Foundation Exercise 1:00 Personal Safety 2:00 With Hope in Mind</p> <p style="text-align: right;">24</p>	<p>8:45 50+ Cardio 3 9:00 Woodcarving 10:00 50+ Cardio 2; Gift Shop Regular Meeting 11:00 Silver Stage Players 12:00 Conversational Spanish 1:00 JAM Session 7:00 Friday Dance</p> <p style="text-align: right;">25</p>
<p>8:45 50+ Cardio 3 9:00 GOSH meeting 10:00 50+ Cardio 2; Party Bridge; Water Aerobics 11:15 Advanced Line Dance 2:45 Grief Support Group</p> <p style="text-align: right;">28</p>	<p>9:00 French; Quilting; Tai Chi 9:30 Water Aerobics 10:00 Basic Arthritis Foundation Exercise; Conversational French; Party Bridge 11:00 Advanced Arthritis Foundation Exercise</p> <p style="text-align: right;">29</p>	<p>8:45 50+ Cardio 3 10:00 50+ Cardio 2; Ceramics; Painting on your own; Party Bridge; Water Aerobics 1:00 Texas Hold 'Em Poker; Weight Loss Support Group</p> <p>NO BINGO</p> <p style="text-align: right;">30</p>	<p>8:30 Blood Glucose Cks.; Happy Hikers 9:00 Beginners Tai Chi 9:30 Water Aerobics 10:00 Basic Arthritis Foundation Exercise; Cards 11:00 Advanced Arthritis Foundation Exercise 1:00 Personal Safety</p> <p style="text-align: right;">31</p>	 <p style="text-align: center;">DINE-A-MITE DINER 11:00 A.M. - 1:00 P.M. MONDAY - THURSDAY</p>

The O'Connor Senior Center

events for AUGUST 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BLOOD PRESSURE CHECKS DAILY 11:00 A.M. - 12:00 P.M.</p> 	 <p>DINE-A-MITE DINER 11:00 A.M. - 1:00 P.M. MONDAY - THURSDAY</p>			<p>8:45 50+ Cardio 3 9:00 Woodcarving 10:00 50+ Cardio 2 11:00 Silver Stage Players 12:00 Conversational Spanish 1:00 JAM Session 6:35 Dance Club 7:00 Friday Dance</p> <p style="text-align: right;">1</p>
<p>8:45 50+ Cardio 3 9:00 Legal Assistance 10:00 50+ Cardio 2; Party Bridge; Water Aerobics 11:15 Advanced Line Dance 2:45 Grief Support Group</p> <p style="text-align: right;">4</p>	<p>8:00 Harrah's trip leaving 9:00 French; Quilting; Tai Chi 9:30 Water Aerobics 10:00 Basic Arthritis Foundation Exercise; Conversational French; Party Bridge 11:00 Advanced Arthritis Foundation Exercise 1:30 Tea Dance</p> <p style="text-align: right;">5</p>	<p>8:45 50+ Cardio 3 10:00 50+ Cardio 2; Ceramics; Painting on your own; Party Bridge; Water Aerobics 1:00 Texas Hold 'Em Poker; Weight Loss Support Group 1:30 BINGO</p> <p style="text-align: right;">6</p>	<p>8:30 Blood Glucose Cks. 9:00 Beginners Tai Chi 9:30 Water Aerobics 10:00 Advanced Tai Chi Set Review; Basic Arthritis Foundation Exercise; Cards 11:00 Advanced Arthritis Foundation Exercise 2:00 Flower Lovers</p> <p style="text-align: right;">7</p>	<p>8:45 50+ Cardio 3 9:00 Woodcarving 10:00 50+ Cardio 2; 11:00 Silver Stage Players 12:00 Conversational Spanish 1:00 JAM Session</p> <p style="text-align: right;">8</p>
				<p>7:00 Saturday Dance</p> <p style="text-align: right;">9</p>
<p>8:45 50+ Cardio 3 10:00 50+ Cardio 2; Party Bridge; Water Aerobics 11:15 Advanced Line Dance 1:00 Garden Club 2:45 Grief Support Group</p> <p style="text-align: right;">11</p>	<p>8:30 Toenail Clipping 9:00 French; Quilting; Tai Chi 9:30 Water Aerobics 10:00 Basic Arthritis Foundation Exercise; Conversational French; Party Bridge 11:00 Advanced Arthritis Foundation Exercise</p> <p style="text-align: right;">12</p>	<p>8:45 50+ Cardio 3 10:00 50+ Cardio 2; Ceramics; Painting on your own; Party Bridge; Water Aerobics 1:00 Texas Hold 'Em Poker; Weight Loss Support Group 1:30 BINGO</p> <p style="text-align: right;">13</p>	<p>8:30 Blood Glucose Cks. 9:00 Beginners Tai Chi; Happy Hikers 9:30 Water Aerobics 10:00 Advanced Tai Chi Set Review; Basic Arthritis Foundation Exercise; Cards 11:00 Advanced Arthritis Foundation Exercise</p> <p style="text-align: right;">14</p>	<p>8:45 50+ Cardio 3 9:00 Woodcarving 10:00 50+ Cardio 2 10:30 Diabetes Support Group 11:00 Silver Stage Players 12:00 Conversational Spanish 1:00 JAM Session 7:00 Friday Dance</p> <p style="text-align: right;">15</p>
<p>8:45 50+ Cardio 3 9:00 Legal Assistance 10:00 50+ Cardio 2; Party Bridge; Water Aerobics 11:15 Advanced Line Dance 1:00 Financial Forum 2:45 Grief Support Group</p> <p style="text-align: right;">18</p>	<p>9:00 French; Quilting; SCIRS Bd; Tai Chi 9:30 Water Aerobics 10:00 Basic Arthritis Foundation Exercise; Conversational French; Party Bridge 11:00 Advanced Arthritis Foundation Exercise</p> <p style="text-align: right;">19</p>	<p>8:45 50+ Cardio 3 9:00 O'Connor Advisory Bd 10:00 50+ Cardio 2; Ask-a-Pharmacist; Ceramics; Painting on your own; Party Bridge 12:00 Dr. Troxell Preventive Medicine 12:30 AARP Drivers Safety Course 1:00 Texas Hold 'Em Poker; Weight Loss Support Group 1:30 BINGO</p> <p style="text-align: right;">20</p>	<p>8:30 Blood Glucose Cks. 9:00 Beginners Tai Chi 9:30 Water Aerobics 10:00 Advanced Tai Chi; Basic Arthritis Foundation Exercise; Cards; Happy Hikers mini-hike 11:00 Advanced Arthritis Foundation Exercise 12:30 AARP Drivers Safety Course</p> <p style="text-align: right;">21</p>	<p>8:45 50+ Cardio 3 9:00 Woodcarving 10:00 50+ Cardio 2; Fall Program Preview 11:00 Silver Stage Players 12:00 Conversational Spanish 1:00 JAM Session 7:00 Friday Dance</p> <p style="text-align: right;">22</p>
<p>8:45 50+ Cardio 3 10:00 50+ Cardio 2; Party Bridge; Water Aerobics 11:15 Advanced Line Dance 2:45 Grief Support Group</p> <p style="text-align: right;">25</p>	<p>9:00 French; Quilting; Tai Chi 9:30 Water Aerobics 10:00 Basic Arthritis Foundation Exercise; Conversational French; Party Bridge 11:00 Advanced Arthritis Foundation Exercise</p> <p style="text-align: right;">26</p>	<p>8:45 50+ Cardio 3 10:00 50+ Cardio 2; Ceramics; Party Bridge; Water Aerobics 1:00 Texas Hold 'Em Poker; Weight Loss Support Group 1:30 Birthday Party</p> <p style="text-align: right;">27</p>	<p>8:30 Blood Glucose Cks.; Happy Hikers 9:00 Beginners Tai Chi 9:30 Water Aerobics 10:00 Advanced Tai Chi; Basic Arthritis Foundation Exercise; Cards 11:00 Advanced Arthritis Foundation Exercise 2:00 With Hope in Mind</p> <p style="text-align: right;">28</p>	<p>8:45 50+ Cardio 3 9:00 Woodcarving 10:00 50+ Cardio 2 11:00 Silver Stage Players 12:00 Conversational Spanish 1:00 JAM Session</p> <p>NO DANCE</p> <p style="text-align: right;">29</p>