

THINGS TO DO IN JULY

MONDAYS

- Mah-jongg, 9 a.m.
 - Beginners Tap Dance, 9 a.m.
 - Balance Movement, CHA 9 - 10 a.m.
 - Ceramics, 9:30 a.m.
 - Wisdom Group, 10 a.m. - noon
 - Music: BC, 11 a.m. - noon 1st and 3rd Mon.
 - Music by Augusto Amador, piano 10 - noon, 2nd and 4th Mon.
- LUNCH noon - 1 p.m.
- Music Sensation, 1 p.m.
 - Beg. Mah-jongg, 1 p.m.
 - Creative Writing, 1 - 2:30 p.m.
 - Duplicate Bridge, 1:30 p.m.
 - Ballroom Dance Lessons, 3 p.m.

TUESDAYS

- Music by Chick Skyler & Music Makers, 9 a.m.
 - TOPS (Take off Pounds Sensibly), 9 a.m. Weigh-in 9 - 9:30 a.m. For details call Iris Bentley 312.5926 or Gladys Meredith, 923.7720.
 - Woodcarving, 9:30 a.m.
 - Embroidery Guild, 1st Tuesday of the month, 10 a.m. - 3:30 p.m.
 - Beginner Watercolor, call 556.3214 to register (required).
 - Conversational French, 10 a.m.
 - Bingo, 10 a.m.
 - Senior Fitness, 11 a.m.
- LUNCH noon - 1 p.m.
- Dance to Joe Garafalo, 1-3 p.m.
 - Party Bridge, 1 p.m.
 - Duplicate Bridge, 1:30 p.m.

- Yoga, 2 p.m., CHA
- Energize your Afternoon, Karaoke & more! 3:15 - 5 p.m.

WEDNESDAYS

- Relax & Stretch for Life (Chair Yoga), 9 a.m. resumes in Fall.
 - Learn & Play Bridge, 9 a.m.
 - Acrylic Painting, 10 a.m.
 - Music: Keith & Nancy & Friends, (resume in Fall)
 - Line Dancing, 9:30 - 11:30 a.m.
 - Balance Movement, 9 a.m. & 10 a.m., CHA
 - Balance Movement Plus, 11-11:45 a.m., CHA
- LUNCH noon - 1 p.m.
- Dance: Pure Gold, 1 p.m.
 - Caribbean Dominoes, 1 p.m.
 - Sumi-E painting (resumes in September)

- Conversational Spanish, 2:30 - 4 p.m.

THURSDAYS

- Scrabble, 9:30 a.m.
 - Music: Joe Garafalo, 9 - 11 a.m.
 - Conversational Italian, 10 a.m.
 - Hula Dancing, 10:30 a.m.
 - Senior Fitness, 11 a.m.
- LUNCH noon - 1 p.m.
- Lillette Jenkins Wisner, 1 p.m.
 - Pinochle, 1 p.m.
 - YOGA, 2 p.m. CHA
 - Mah-jongg, 1 p.m.
 - Duplicate Bridge, 1:30 p.m.
 - Sr. Theater Tap, 4 p.m.

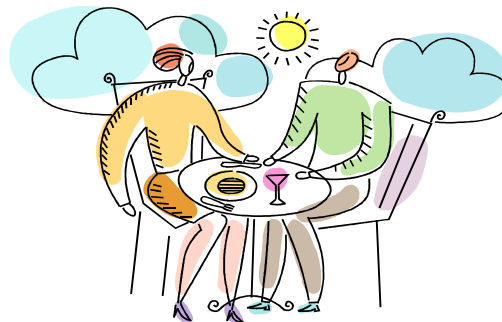
FRIDAYS

- Beginning Qigong 9 - 10 a.m.
 - Tai Chi, CHA, 9:30 a.m.
 - "The Buffalo Connection" Rick and The Boys, (resume in Fall)
 - Bingo, 10 - noon
 - Pine Needle Weaving, (resumes in September.)
 - Wisdom Group, 10 - noon
- LUNCH noon - 1 p.m.
- Chess Club, 12 - 4 p.m.,
 - Dance: Just Sweet Jazz 1 p.m.
 - Duplicate Bridge, 1:30 p.m.
 - Euchre, 1 p.m.

Lunch With Us!

In the mood for a change of place?

Pick up your lunch at the cafe, and eat outside on the patio, at a picnic table in the park or at one of the tables in the center. While the dining room will continue to offer music and entertainment, you now have the option to eat where you choose!



BRING THIS AD FOR ONE FREE LUNCH.

Reservations required
24 hours in advance. Call:
Sarasota 556.3214
Venice 584.0090
Charlotte County: 556 3217



Associated Medicare Counselors Monday 10 - 4 p.m., Wednesdays, 10 a.m. - 2 p.m. Phone 556.3248, Ext. 1202. Walk-ins welcome.