

Monday	Tuesday	Wednesday	Thursday	Friday
<h1>July</h1>				<b>1</b>
				9:15 Wii Bowling 10:00-11:00 Healthy Relationships & Overview of STIs Presentation by York City Health Bureau 11:30 Lunch & 20 Questions 12:00 Chair Yoga w/ Stephanie (Wear comfortable clothes)
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Independence Day Center is Closed</b> 	9:00 Penn State Cooperative Extension Handout: Easy Cooking from Pantry to Table 10:00 Patriotic Bingo 11:30 Picnic Lunch 12:00 Let's Make a Deal (Bring your purse!) 	9:00 A Fiber Frenzy: Ojibwe Decorative Beading Class #3 10:00 Blood Pressure Checks w/ Family First Health 10:30-11:15 Zumba Gold® w/ Heather Cintron 12:00 Virtual: What You Need to Know about Heart Health with Kilene and Pharmacist by GIANT	10:00-1:00 Commodity Supplemental Food Box for Seniors with the Cheese Distribution & Puzzle Packet (Must come inside) 10:00-12:30 York Fresh Food Farms Mobile Market 11:30 Picnic Lunch 12:00 Beaded Bracelet (Must Sign Up)	9:15 Wii Bowling 10:00 Minnich's Pharmacy Presents: Let's Talk About Meds (Ice Cream Provided) 11:30 Lunch 12:00 Chair Yoga w/ Stephanie (Wear comfortable clothes) 
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
9:30 Bruce's Bible Study 9:30 Tie Dye Workshop (Cost: \$5.00. Must provide your own white shirt and pay when signing up) 10:30-11:15 Zumba Gold® w/ Heather Cintron 11:30 Lunch 12:00 Pony Bead Keychains (\$1.00) 	9:45 Men's Health Presentation by Wellspan 10:30-12 Bingo @ Shiloh Fire Hall w/ West Manchester Township 11:30 Lunch & Birthday Celebration 12:00 Bingo w/ Open Systems 2:00-4:00 STARS Needlefelted Melchior - Part 1 w/ Mary Jane Miller 	9:00 A Fiber Frenzy: Ojibwe Decorative Beading Class #4 NO ZUMBA 10:00 Table Event & Game w/ Highmark 11:30 Lunch 12:00 Virtual: Nutrition for Heart Health with Mary by GIANT 	9:30-11:30 WellSpan Table Event 10:00 Fresh Express (Must be a White Rose Senior Center Member &/or a Broad Park Manor Resident. Bring a Cart/Bags. Must be able to carry your own items from inside. Tables will be called in RANDOM order) 10:00-12:30 York Fresh Food Farms Mobile Market 11:30 Picnic Lunch 	9:15 Wii Bowling 9:30-11:30 Nutrition Vouchers by York County Area Agency on Aging 9:00-1:00 YCST Nursing Students Meet & Greet 10:00 PoKeNo (Bring your pennies!) 11:30 Lunch 12:00 Chair Yoga w/ Stephanie (Wear comfortable clothes)
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
9:00-1:00 YCST Nursing Students Meet & Greet 9:30 Bruce's Bible Study 10:00 The Snap Game 10:30-11:15 Zumba Gold® w/ Heather Cintron 11:30 Lunch 12:00 Wii Bowling 2:00 ZOOM: The Snap Game 	9:45 Normal Aging/Signs of Alzheimer's Presentation w/ Homeland at Home (Barbara Goll) 10:45 Wii Bowling 11:30 Lunch 12:00 Bingo with Sindy from Aetna 2:00-4:00 STARS Needlefelted Melchior - Part 2 w/ Mary Jane Miller 	9:00 A Fiber Frenzy: Colonial Pennsylvania Deutsch Hand Towel Class #1 9:00-1:00 YCST Nursing Students Meet & Greet 10:30-11:15 Zumba Gold® w/ Heather Cintron 11:30 Lunch & Newsletter Trivia Winners Announced 12:00 Virtual: Build A Better Plate for Your Heart with Kilene by GIANT ***Newsletter Trivia Due***	9:00 Christmas Gingerbread House Decorating Contest (\$5.00/8 Seats Available) 11:30 Picnic Lunch 10:00-12:30 York Fresh Food Farms Mobile Market 12:00 Cards 	9:00-1:00 YCST Nursing Students Meet & Greet 9:30-11:30 York Bubble Lady 11:30 Lunch 12:00 Chair Yoga w/ Stephanie (Wear comfortable clothes) 
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
9:00-1:00 YCST Nursing Students Meet & Greet 9:00 Christmas in July Celebration (Gingerbread House Voting), August Newsletter 10:00 Santa Claus 10:30-11:15 Zumba Gold® w/ Heather Cintron 11:30 Lunch 12:00 Painted Gingerbread House Pots ***SPIRIT DAY: WEAR YOUR CHRISTMAS ATTIRE***	10-11:00 Protect Yourself from Scams Presentation by York City Police 11:30 Lunch (Gingerbread House Voting) 12:00 Iris Paper Folded Christmas Card w/ Lisa 2:00 ZOOM: Friendly Feud 	9:00-1:00 YCST Nursing Students Meet & Greet 9:00 A Fiber Frenzy: Colonial Pennsylvania Deutsch Hand Towel Class #2 10:00 Table Event & Game w/ Highmark 10:30-11:15 Zumba Gold® w/ Heather Cintron 11:30 Lunch (Gingerbread House Voting) 12:00 Virtual: Build A Better Basket for Your Heart with Kilene and Pharmacist by GIANT 2:00-4:00 STARS Gift Box Making w/ Judy Enders	10:00 Fresh Express (Must be a White Rose Senior Center Member &/or a Broad Park Manor Resident. Bring a Cart/Bags. Must be able to carry your own items from inside. Tables will be called in RANDOM order) 10:00-12:30 York Fresh Food Farms Mobile Market 11:30 Lunch & Gingerbread House Winner Announced 12:00 Wii Bowling 	9:30-11:30 Rain Date Reschedule If Needed: York Bubble Lady 10:00 Baseball Game (If Rain Date Not Needed for above activity) 11:30 Lunch & 20 Questions Winner Announced 12:00 Chair Yoga w/ Stephanie (Wear comfortable clothes) 

