

Monday	Tuesday	Wednesday	Thursday	Friday
				
		1 9:00a-4:00p Foot Reflexology Yahtzee 10:00 Social Lunch 12:00 Dominoes 1:00 Drum with Jen 1:00 Tai Chi with Julie 2:30	2 9:00a-4:00p <b>MASSAGES BY APPT</b> Strong Bones 10:00 Obie 10:45 Yoga w/ Cassie 11:00 Social Lunch 12:00 MoveWell 1:00 Popcorn & Movie 1:00 -1776	3 CLOSED 
6 9:00a-4:00p <b>MASSAGES BY APPT</b> Yahtzee 10:00 Strong Bones 10:00 Sewing/Quilts 10:00 Social Lunch 12:00 Cards with Jane 1:00 Dominoes 1:00 Move with Marty 1:00 Knit/Crochet 2:00	7 9:00a-4:00p <b>MASSAGES BY APPT</b> Scale Tippers 9:00 Adv Line Dance 10:00 Beg Line Dance 11:00 Social Lunch 12:00 Dominoes 1:00 Caregivers Group 2:30 Drum with Jen 3:00	8 9:00a-4:00p Foot Reflexology Yahtzee 10:00 Social Lunch 12:00 Dominoes 1:00 Drum with Jen 1:00 Tai Chi with Julie 2:30	9 9:00a-4:00p <b>MASSAGES BY APPT</b> Strong Bones 10:00 Obie 10:45 Yoga w/ Cassie 11:00 Social Lunch 12:00 MoveWell 1:00 Seniors Matter 2:00	10 CLOSED 
13 9:00a-4:00p <b>MASSAGES BY APPT</b> Yahtzee 10:00 Strong Bones 10:00 Sewing/Quilts 10:00 Social Lunch 12:00 Dominoes 1:00 Move with Marty 1:00 Knit/Crochet 2:00 Dance Committee 2:30	14 9:00a-4:00p <b>MASSAGES BY APPT</b> Scale Tippers 9:00 Adv Line Dance 10:00 Beg Line Dance 11:00 Social Lunch 12:00 Social Kitchen 1:00 Dominoes 1:00 Drum with Jen 3:00	15 9:00a-4:00p Foot Reflexology Yahtzee 10:00 Social Lunch 12:00 Dominoes 1:00 Drum with Jen 1:00 Tai Chi with Julie 2:30	16 9:00a-4:00p <b>MASSAGES BY APPT</b> Strong Bones 10:00 Obie 10:45 Yoga w/ Cassie 11:00 Social Lunch 12:00 MoveWell 1:00 Popcorn & Movie 2:00 -61*	17 CLOSED 
20 9:00a-4:00p <b>MASSAGES BY APPT</b> Yahtzee 10:00 Strong Bones 10:00 Sewing/Quilts 10:00 Social Lunch 12:00 Dominoes 1:00 Move with Marty 1:00 Knit/Crochet 2:00	21 9:00a-4:00p <b>MASSAGES BY APPT</b> Scale Tippers 9:00 Adv Line Dance 10:00 Beg Line Dance 11:00 Social Lunch 12:00 Spice Club 1:00 Dominoes 1:00 Drum with Jen 3:00	22 9:00a-4:00p Foot Reflexology Yahtzee 10:00 Social Lunch 12:00 Dominoes 1:00 Drum with Jen 1:00 Tai Chi with Julie 2:30	23 CLOSED <h1 style="text-align: center;">Staff Training</h1>	24 CLOSED 
27 9:00a-4:00p <b>MASSAGES BY APPT</b> Yahtzee 10:00 Strong Bones 10:00 Sewing/Quilts 10:00 Social Lunch 12:00 Dominoes 1:00 Move with Marty 1:00 Knit/Crochet 2:00	28 9:00a-4:00p <b>MASSAGES BY APPT</b> Scale Tippers 9:00 Adv Line Dance 10:00 Beg Line Dance 11:00 Social Lunch 12:00 Dominoes 1:00	29 9:00a-4:00p Foot Reflexology Yahtzee 10:00 Social Lunch 12:00 <b>Trivia with Don 12:00</b> Dominoes 1:00 Tai Chi with Julie 2:30	30 9:00a-4:00p <b>MASSAGES BY APPT</b> Strong Bones 10:00 Obie 10:45 Yoga w/ Cassie 11:00 Social Lunch 12:00 MoveWell 1:00 Popcorn & Movie 2:00 -Hidden Figures <b>Beach Party 4:00</b>	31 CLOSED 

## Popcorn & Movie!

*Speak with the staff if there is a certain movie that you would like to see. Please note the earlier starting time on July 2<sup>nd</sup> at 1:00 pm due to the length of that movie. It is a fun one, though, the time will fly by!*

## INSTRUCTOR-LED EXERCISE CLASSES!

### Cardio Drumming

**Tuesdays at 3:00 pm & Wednesdays at 1:00 pm with Jen** - Get your heart pumping with upbeat music, drumming, and moving. Any level can participate by just grooving and moving, even in a seat.

### MoveWell with Colleen & Move with Marty/Vicki

**Mondays, Thursdays, and Fridays at 1:00 pm** - Work through several different exercises using weights and bands, standing and sitting. A versatile class with a calming cool down.

### Strong Bones with Colleen

**Mondays & Thursdays at 10:00 am** - Repetitive movements with weights, standing, and sitting. Designed to strengthen bodies for better fitness and to improve bone density to prevent osteoporosis.

### Tai Chi with Julie

**Wednesdays at 2:30 pm** - Participants learn to breathe correctly, focusing on how they intake and release air while moving. Concentrating on each movement helps the mind to relax and relieve stress.

### Yoga with Cassie

**Thursdays at 11:00 am**  
Join Cassie for a full mind and body stretching exercise. Beginner-friendly and all abilities are welcome!



## I want you!

### To share your ideas

Please stop in to see Cassie with your program ideas. If there is interest in a program or activity, we will do our best to make it happen.

## SOCIAL KITCHEN!

**July 14<sup>th</sup> - Picnic Style Meals**  
**August 11<sup>th</sup> - Stir-Fry for One**

## SPICE CLUB!

**July 21<sup>st</sup> - Chili Powder and Smoked Salt**  
**August 18<sup>th</sup> - Garlic and Berbere**

## Benefits!

### East End Art Center Crafting Classes

Members of Heritage Commons receive a discount on classes offered at East End Gallery. Kathy and Meagan, who previously taught the art classes at HCSEC, are now offering the same expert-led classes at East End Arts Center. The cost is \$5 for HCSEC members or \$10 for non-members. Register on their website [www.eastendart.org/senior-art-classes](http://www.eastendart.org/senior-art-classes).

### Senior Discounts

Many people may not realize that there are senior discounts available at local retailers and restaurants. You will have to remember to ask for your Senior Discount at each location as you check out.

Family Fare offers 5% off every Wednesday.

## Happy Birthday, USA!

2026 marks the 250<sup>th</sup> birthday of our great country. Here are a few fun facts about the history of this holiday and how we celebrate.

Fireworks and large meals were used to celebrate, beginning with the first anniversary of July 4<sup>th</sup> in 1777

July 4<sup>th</sup> was made a federal holiday in 1938

Celebrations have grown into one of the largest and most visible holidays in the US, with millions participating nationwide.

The fourth of July began as a bold political act in 1776 and has since become a unifying symbol of American freedom, resilience, and celebration.