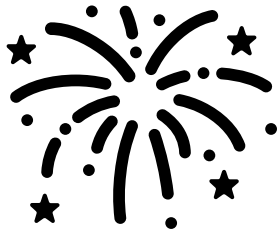
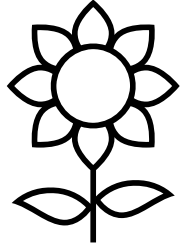
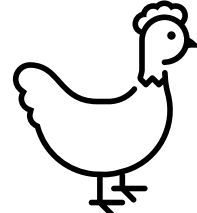


Monday	Tuesday	Wednesday	Thursday	Friday	
July 2025	1 9:00a-8:00p Scale Tippers 9:00 Adv Line Dance 10:00 Beg Line Dance 11:00 Social Lunch 12:00 Mahjong 12:30 Dominoes 1:00 Move with Vicki 2:00 Caregivers Group 3:00 Craft 6:00	2 9:00a-4:00p Foot Reflexology Nordic Walking 11:00 Social Lunch 12:00 Bingo 1:00 Tai Chi with Julie 2:30	3 9:00a-4:00p Strong Bones 10:00 Yoga with Erin 11:00 Social Lunch 12:00 MoveWell 1:00 Craft 1:00	4 CLOSED 	
	7 9:00a-4:00p Strong Bones 10:00 Sewing/Quilts 10:00 Bible Study 11:00 Social Lunch 12:00 Move with Marty 1:00 Bingo 1:00 Knit/Crochet 2:00	8 9:00a-8:00p Scale Tippers 9:00 Adv Line Dance 10:00 Beg Line Dance 11:00 Social Lunch 12:00 Mahjong 12:30 Dominoes 1:00 Move with Vicki 2:00 Drum with Jen 3:00 Craft 6:00	9 9:00a-4:00p Foot Reflexology Nordic Walking 11:00 Social Lunch 12:00 Bingo 1:00 Drum with Jen 1:00 Tai Chi with Julie 2:30	10 9:00a-4:00p Strong Bones 10:00 Yoga with Erin 11:00 Social Lunch 12:00 MoveWell 1:00 Craft 1:00 Seniors Matter 2:00	11 CLOSED 
	14 9:00a-4:00p Strong Bones 10:00 Sewing/Quilts 10:00 Bible Study 11:00 Social Lunch 12:00 Move with Marty 1:00 Bingo 1:00 Knit/Crochet 2:00 Dance Meeting 3:10	15 9:00a-8:00p Scale Tippers 9:00 Adv Line Dance 10:00 Beg Line Dance 11:00 Social Lunch 12:00 Mahjong 12:30 Dominoes 1:00 Move with Vicki 2:00 Drum with Jen 3:00 Sourdough Club 4:00	16 9:00a-4:00p Foot Reflexology Nordic Walking 11:00 Social Lunch 12:00 Bingo 1:00 Drum with Jen 1:00 Tai Chi with Julie 2:30	17 9:00a-4:00p Strong Bones 10:00 Yoga with Erin 11:00 Social Lunch 12:00 MoveWell 1:00 Craft 1:00	18 CLOSED 
	21 9:00a-4:00p Strong Bones 10:00 Sewing/Quilts 10:00 Bible Study 11:00 Social Lunch 12:00 Move with Marty 1:00 Bingo 1:00 Knit/Crochet 2:00	22 9:00a-8:00p Scale Tippers 9:00 Adv Line Dance 10:00 Beg Line Dance 11:00 Social Lunch 12:00 Mahjong 12:30 Dominoes 1:00 Move with Vicki 2:00 Drum with Jen 3:00 Craft 6:00	23 9:00a-4:00p Foot Reflexology Nordic Walking 11:00 Social Lunch 12:00 Bingo 1:00 Drum with Jen 1:00 Tai Chi with Julie 2:30	24 9:00a-4:00p Strong Bones 10:00 Yoga with Erin 11:00 Social Lunch 12:00 MoveWell 1:00 Seniors Matter 2:00	25 CLOSED 
	28 9:00a-4:00p Strong Bones 10:00 Sewing/Quilts 10:00 Bible Study 11:00 Social Lunch 12:00 Move with Marty 1:00 Bingo 1:00 Knit/Crochet 2:00	29 9:00a-8:00p Scale Tippers 9:00 Adv Line Dance 10:00 Beg Line Dance 11:00 Social Lunch 12:00 Mahjong 12:30 Dominoes 1:00 Move with Vicki 2:00 Drum with Jen 3:00 Craft 6:00	30 9:00a-4:00p Foot Reflexology Nordic Walking 11:00 Social Lunch 12:00 Bingo 1:00 Drum with Jen 1:00 Tai Chi with Julie 2:30	31 9:00a-4:00p Strong Bones 10:00 Yoga with Erin 11:00 Social Lunch 12:00 MoveWell 1:00 Craft 1:00	Front Desk: 269-558-6150

Seniors Matter: A Sharing and Discussion Group

Sessions begin with a short discussion topic. Participants then share life events, feelings, concerns, and uplifting thoughts in a structured environment. The emphasis will be on sharing matters specific to seniors and offering support. No registration required, just show up!

Arts & Crafts (preregistration required at front desk):

Lavender Painting with Kathy

July 1st at 6:00pm – Paint a field of lavender using special techniques.

Colorful Horizons with Meagan

July 3rd at 1:00pm – This class will highlight the life and works of Etel Adnan. Participants will explore their own unique color palettes through minimalistic landscapes scenes.

Needle Felted Succulent with Kathy

July 8th at 6:00pm – Create a realistic looking succulent using wool and simple needle felting techniques.

Cloud + Sky Studies (Look Up!) with Meagan

July 10th at 1:00pm – We will study and paint shifting skies, cloud types, and colors from dawn to dusk.

Stone + Shell Studies (Look Down!) with Meagan

July 17th at 1:00pm – Observe earthy colors, patterns, and textures from the ground.

Essential Oil Car Diffuser with Kathy

July 22nd at 6:00pm – Make a cute flower out of wool balls and add essential oils to make a scent diffuser!

Decoupage Plate with Kathy

July 29th at 6:00pm – Use napkins and rice paper to create a beautiful serving plate.

Tiny Worlds (Look Close!) with Meagan

July 31st at 1:00pm – Zoom in on nature's small wonders. We will explore and paint insects, butterflies, and the ecosystem they live in. This class was inspired by artist Rosalie Haizlett.

In consideration of the health and well-being of our members and guests, we kindly ask that you refrain from using perfume, cologne, or other strongly scented products prior to your visit. This will ensure the comfort and accessibility of everyone, including those with sensitivities or allergies to strong fragrances.

Social Lunches

Mondays, Tuesdays, Wednesdays, and Thursdays at noon (lunch provided by Milestone Senior Services). Members and non-members are welcome for these social lunches (age 60+ and caregivers welcome). There is a \$3.00 suggested donation (but not required), menu selections must be made no later than 11:00am the weekday prior at the front desk or by calling 269-558-6150.

Wellness:

Cardio Drumming

Tuesdays at 3:00pm & Wednesdays at 1:00pm with Jen

Join us for a high energy workout to your favorite tunes (oldies and current!)...customizable for all abilities and beginners are welcome!

MoveWell with Colleen & Move with Marty/Vicki

Mondays & Thursdays at 1:00pm, Tuesdays at 2:00pm

– 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 10:00am – Repetitive movements with weights, standing and sitting. Designed to strengthen bodies for better fitness and to increase bone density to prevent osteoporosis.

Tai Chi with Julie

Wednesdays at 2:30pm – 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 relieves stress.

Yoga with Erin

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

Fitness Room

Our fitness room is open anytime the center is open. If you need help using one of the machines, please see a staff member!