

JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Dekalb</p> <ul style="list-style-type: none"> • Koffee Klutch @10 • Chair Yoga w/ Cori @10:30 • Arms, Abs, and Legs with Linda @11:30 • Vinyasa Flow Yoga with Linda @12 <p>Sycamore</p> <ul style="list-style-type: none"> • Walkers/Talkers @10 and Cards @11 <p>Malta</p> <ul style="list-style-type: none"> • DVD exercise @10, Cards @11, • VAC Lunch Drop-Off @11 	<p>2 Dekalb</p> <ul style="list-style-type: none"> • Woodcarving@10:30 • Arts and Chats @ 11 • Pinochle, Euchre, Bridge @12:30 • Balance and Fall Prevention Program @12:30 <p>Hinckley</p> <ul style="list-style-type: none"> • Walkers and Talkers @9am • Bingo@11, Cards and Games @12 	<p>3 Dekalb</p> <ul style="list-style-type: none"> • Hand and Foot @9:30 • DVD Exercise @10 • Needlework Corner @10:30 • VAC LUNCH @12 and Bingo @1 • Bridge and Mahjong @12:30 <p>Malta</p> <ul style="list-style-type: none"> • Trivia Time @10 • Cards and Bingo @1 	<p>4</p> <p>ALL SITES CLOSED IN OBSERVATION OF FOURTH OF JULY</p>	<p>5</p> <p>ALL SITES CLOSED IN OBSERVATION OF FOURTH OF JULY</p>
<p>8 Dekalb</p> <ul style="list-style-type: none"> • Koffee Klutch @10 • Meditation w/ Cori @10:30 • Arms, Abs, and Legs with Linda @11:30 • Vinyasa Flow Yoga with Linda @12 • Creative Writing @1 <p>Sycamore</p> <ul style="list-style-type: none"> • Walkers/Talkers @10 and Cards @11 <p>Malta</p> <ul style="list-style-type: none"> • DVD exercise @10, Cards @11, • VAC Lunch Drop-Off @11 	<p>9 Dekalb</p> <ul style="list-style-type: none"> • Woodcarving@10:30 • Arts and Chats @ 11 • Pinochle, Euchre, Bridge @12:30 • Balance and Fall Prevention Program @12:30 <p>Hinckley</p> <ul style="list-style-type: none"> • Walkers and Talkers @9am • Bingo@11, Cards and Games @12 	<p>10 Dekalb</p> <ul style="list-style-type: none"> • Hand and Foot @9:30 • DVD Exercise @10 • KANE COUNTY COUGARS @10-3 • Needlework Corner @10:30 • VAC LUNCH @12 and Bingo @1 • Bridge and Mahjong @12:30 <p>Malta</p> <ul style="list-style-type: none"> • Trivia Time @10 and Cards and Bingo @1 	<p>11 Dekalb</p> <ul style="list-style-type: none"> • Nature Walk @9 • Documentary Days @11 • Pinochle, Euchre, Bridge, Triple, and Mexican Train Dominoes @12:30 • MOVIE DAY- 'THE LAUNDRAMAT' @1 	<p>12 Dekalb</p> <ul style="list-style-type: none"> • DVD Exercise @10 , Balance and Fall Prevention Program @10:30, Trivia @11 • Classic Film @1 <p>Sycamore</p> <ul style="list-style-type: none"> • Walkers/Talkers @10, Cards @11 • Arms, Abs, and Legs with Linda @11:30 and Gentle Mat Stretch @12 <p>Malta- Cards and VAC Lunch Drop-Off</p>
<p>15 Dekalb</p> <ul style="list-style-type: none"> • Koffee Klutch @10 and Chair Yoga w/ Cori @10:30 • Arms, Abs, and Legs with Linda @11:30 • Vinyasa Flow Yoga with Linda @12 <p>Sycamore</p> <ul style="list-style-type: none"> • Walkers/Talkers @10 , Cards and UNIVERSAL YUMS @11 <p>Malta- DVD exercise @10, Cards, and VAC Lunch Drop-Off @11</p>	<p>16 Dekalb</p> <ul style="list-style-type: none"> • Woodcarving@10:30 • CAREGIVER SUPPORT GROUP @10:30 • Arts and Chats @ 11 • Pinochle, Euchre, Bridge @12:30 • Balance and Fall Prevention Program @12:30, KRISTIE KOOKS @1 <p>Hinckley- Walkers and Talkers @9am</p> <ul style="list-style-type: none"> • Bingo@11, Cards and Games @12 	<p>17 Dekalb</p> <ul style="list-style-type: none"> • Hand and Foot @9:30 • DVD Exercise @10 • Needlework Corner @10:30 • DEKALB FIRE DEPARTMENT AND NWM PRESENTATION @11 • VAC LUNCH @12 and Bingo @1 • Bridge and Mahjong @12:30 <p>Malta</p> <ul style="list-style-type: none"> • Trivia Time @10,Cards and Bingo 	<p>18 Dekalb</p> <ul style="list-style-type: none"> • Nature Walk @9 • Documentary Days @11 • Pinochle, Euchre, Bridge, Triple, and Mexican Train Dominoes @12:30 	<p>19 Dekalb</p> <ul style="list-style-type: none"> • DVD Exercise @10, Balance and Fall Prevention Program @10:30, POTLUCK w/ WILD BLUE UKELE ORCHESTRA @12, Classic Film @1 <p>Sycamore-Walkers/Talkers @10, Cards @11, Arms, Abs, and Legs with Linda @11:30 and Gentle Mat Stretch @12</p> <p>Malta -Cards and VAC Lunch Drop-Off @11, A1C Screening w/ NWM @10-12</p>
<p>22 Dekalb</p> <ul style="list-style-type: none"> • Koffee Klutch @10 • Chair Yoga w/ Cori @10:30 • A1C Screening w/ NWM @11-1 • Arms, Abs, and Legs with Linda @11:30 • Vinyasa Flow Yoga with Linda @12 <p>Sycamore</p> <ul style="list-style-type: none"> • Walkers/Talkers @10 and Cards @11 <p>Malta</p> <ul style="list-style-type: none"> • Cards @11 VAC Lunch Drop-Off @11 	<p>23 Dekalb</p> <ul style="list-style-type: none"> • Woodcarving@10:30,Arts and Chats @11 • NIFB FOOD PANTRY @11- 12:30 • PRAIRIE STATE LEGAL @1-4:30 • Balance and Fall Prevention Program @12:30 • Pinochle, Euchre, Bridge @12:30 <p>Hinckley- Walkers and Talkers @9am</p> <ul style="list-style-type: none"> • Bingo@11, Cards and Games @12 	<p>24 Dekalb</p> <ul style="list-style-type: none"> • Hand and Foot @9:30 • DVD Exercise @10 • Needlework Corner @10:30 • SOUTHER BBQ PARTY W/ HERITAGE WOODS @12-2 • VAC LUNCH @12 and Bingo @1 • Bridge and Mahjong @12:30 <p>Malta- Trivia Time @10,Cards and Bingo</p>	<p>25 Dekalb</p> <ul style="list-style-type: none"> • Nature Walk @9 • Documentary Days @11 • Pinochle, Euchre, Bridge, Triple, and Mexican Train Dominoes @12:30 	<p>26 Dekalb</p> <ul style="list-style-type: none"> • DVD Exercise @10, Balance and Fall Prevention Program @10:30, and Classic Film @1 <p>Sycamore- Walkers/Talkers @10, Cards @11, Arms, Abs, and Legs with Linda @11:30 and Gentle Mat Stretch @12</p> <p>Malta</p> <ul style="list-style-type: none"> • Cards and VAC Lunch Drop-Off @11
<p>29 Dekalb</p> <ul style="list-style-type: none"> • Koffee Klutch @10 • Chair Yoga w/ Cori @10:30 • Arms, Abs, and Legs with Linda @11:30 • Vinyasa Flow Yoga with Linda @12 <p>Sycamore</p> <ul style="list-style-type: none"> • Walkers/Talkers @10 and Cards @11 <p>Malta</p> <ul style="list-style-type: none"> • Cards @11 VAC Lunch Drop-Off @11 	<p>30 Dekalb</p> <ul style="list-style-type: none"> • Woodcarving@10:30 • Arts and Chats @ 11 • Pinochle, Euchre, Bridge @12:30 • Balance and Fall Prevention Program @12:30 <p>Hinckley</p> <ul style="list-style-type: none"> • Walkers and Talkers @9am • Bingo@11, Cards and Games @12 	<p>31 Dekalb</p> <ul style="list-style-type: none"> • Hand and Foot @9:30 • DVD Exercise @10 • Needlework Corner @10:30 • VAC LUNCH @12 and Bingo @1 • Bridge and Mahjong @12:30 <p>Malta</p> <ul style="list-style-type: none"> • Trivia Time @10 • Cards and Bingo @1 	<p>1 Dekalb</p> <ul style="list-style-type: none"> • Nature Walk @9 • Documentary Days @11 • Pinochle, Euchre, Bridge, Triple, and Mexican Train Dominoes @12:30 	<p>2 Dekalb</p> <ul style="list-style-type: none"> • DVD Exercise @10, Balance and Fall Prevention Program @10:30, and Classic Film @1 <p>Sycamore</p> <ul style="list-style-type: none"> • Walkers/Talkers @10 • Cards @11 Arms, Abs, and Legs with Linda @11:30 and Gentle Mat Stretch @12 <p>Malta- Cards and VAC Lunch Drop-Off @11</p>