

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
	<i>*For that special occasion or meeting. . .consider renting the Heck Center!</i>		9:00 Pilates 1 10:00 Knitting 1:00 Euchre 1:00 Jewelry Class 2:00 Kids Art 6:00 Cheer/Tumbling 5:30,6:00,7:00 Karate 7:00 Priv. Gymnastics 7:30 Priv. Gymnastics	10:00 Bridge 2 1:00 Pinochle	<i>Grief Counseling is offered on the 4<sup>th</sup> Monday of each month here at the Center at 1:00 p.m. Open to everyone who has suffered loss of any kind.</i>
5  <b>INDEPENDENCE DAY OBSERVANCE CENTER CLOSED</b>	9:30 Art/Needlework/Lunch Bunch 6 12:30 Bridge /Canasta 1:00 Bingo 6:00 Beg. Ballroom Dance 7:00 Ballroom Dancing	9:00 Senior Fitness/Low Impact 7 10:00 Priv.Gymnastics 10:45 Tumbling 1:00 Bingo 1:00 Bridge 5:00 Cheer/Tumbling 6:00 Pilates 6:30 Aerobics 7:30 Yoga	9:00 Pilates 8 10:00 Knitting 1:00 Euchre 1:00 Jewelry Class 2:00 Kids Art 6:00 Cheer/Tumbling 5:30,6:00, 7:00 Karate 7:00 Priv. Gymnastics 7:30 Priv. Gymnastics	9 10:30 a.m Blood Pressure & Hearing Screenings 12 Noon Englewood Senior Citizens, Inc. Carry-Luncheon. Friendship Village will provide desserts . Everyone 55 and Older Welcome 1:00 Pinochle	<i>July 14&amp;August 11 – Red Cross Babysitting Classes offered here at the center for ages 11 – 15. Please call 222-0124 ext. 122 to register or for more information.</i>
9:00 Senior Fitness/Low Impact 12 11:00 Line Dancing 1:00 Computer Class 1:00 Euchre 5:30 Aerobic Weight Training 5:45 Power Yoga 6:30 Aerobics	9:30 Art/Needlework /Lunch Bunch 13 12:30 Bridge /Canasta 1:00 Bingo 4-7 Childhood Immunizations at Gov. Ctr 6:00 Beg. Ballroom Dance 7:00 Ballroom Dancing	9:00 Senior Fitness/Low Impact 14 9:00 Baby Sitting Class 10:45 Tumbling 1:00 Bingo 1:00 Bridge 5:00 Cheer/Tumbling 6:00 Pilates 6:30 Aerobics 7:30 Yoga	9:00 Pilates 15 10:00 Knitting 1:00 Euchre 2:00 Kids Art 6:00 Cheer/Tumbling 5:30,6:00, 7:00 Karate 7:00 Priv.Gymnastics 7:30 Priv.Gymnastics	10:00 Bridge 16 1:00 Pinochle	<i>Sunday, July 4, the City of Englewood’s Annual Fireworks Celebration at Centennial Park, 10 p.m. Patriotic music by the Englewood Civic Band, 7p.m. Rain date is July 5, Fireworks, 10 p.m.</i>
9:00 Senior Fitness/Low Impact 19 11:00 Line Dancing 1:00 Computer Class 1:00 Euchre 5:30 Aerobic Weight Training 5:45 Power Yoga 6:30 Aerobics	9:30 Art/Needlework/Lunch Bunch 20 12:30 Bridge/Canasta 1:00 Bingo 6:00 Beg. Ballroom Dance 7:00 Ballroom Dancing	9:00 Senior Fitness/Low Impact 21 10:00 Priv. Gymnastics 10:45 Tumbling 1:00 Bingo 1:00 Bridge 5:00 Cheer/Tumbling 6:00 Pilates 6:30 Aerobics 7:30 Yoga	9:00 Pilates 22 10:00 Knitting 1:00 Euchre 2:00 Kids Art 6:00 Cheer/Tumbling 5:30, 6:00, 7:00 Karate 7:00 Priv..Gymnastics 7:30 Priv.  Gymnastics	23 12 Noon Englewood Senior Citizens, Inc. Brown Bag Lunch. Brookhaven will provide desserts. Everyone 55 and older WELCOME  1:00 Pinochle	<i>Summer Camp offered here at the Heck Center: 836-5929 July 19 – 22 – Flip’n Twist’n Jump’n Camp</i>
9:00 Senior Fitness/Low Impact 26 11:00 Line Dancing 1:00 Euchre 1:00 Healing Hearts Grief Counseling 5:30 Aerobic Weight Training 5:45 Power Yoga 6:30 Aerobics	9:30 Art/Needlework/Lunch 27 12:30 Bridge/Canasta 1:00 Bingo 6:00 Beg. Ballroom Dance 7:00 Ballroom Dancing	9:00 Senior Fitness/Low Impact 28 10:00 Priv. Gymnastics 10:45 Tumbling 1:00 Bingo 1:00 Bridge 5:00 Cheer/Tumbling 6:00 Pilates 6:30 Aerobics 7:30 Yoga	9:00 Pilates 29 10:00 Knitting 1:00 Euchre 2:00 Kids Art 6:00 Cheer/Tumbling 5:30, 6:00, 7:00 Karate 7:00 Priv. Gymnastics 7:30 Priv. Gymnastics	9:00 AARP Driving Class 30 1:00 Pinochle	<i>Friday, July 30, AARP Driving Class for all those 55 and older. Sign up in the office or call 836-5929. The class will be from 9 a.m. – 1 p.m. The cost is \$12.00 for AARP members and \$14.00 for non members. Taking this class may help you get a deduction on your auto insurance.</i>