

July 2024

June 2024							July 2024							August 2024							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
						1	1	2	3	4	5	6							1	2	3
2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10	
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17	
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24	
23	24	25	26	27	28	29	28	29	30	31	25	26	27	28	29	30	31				
30																					

■ US Holidays
■ Cottonwood

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 <ul style="list-style-type: none"> 9:00 AM Walk and Chair Exercises 10:00 AM Swim Aerobics 2:00 PM Swim Aerobics 2:30 PM Mixed Golf 7:00 PM Pokeno 	1 <ul style="list-style-type: none"> 9:00 AM Walk and Chair Exercises 10:00 AM Swim Aerobics 2:00 PM Swim Aerobics 2:30 PM Mixed Golf 7:00 PM Pokeno 	2 <ul style="list-style-type: none"> 9:00 AM Chair Strength Exercises 9:00 AM Swim Aerobics 2:00 PM Swim Aerobics 7:00 PM Bingo 	3 <ul style="list-style-type: none"> 9:00 AM Coffee & Donuts 9:00 AM Men's Golf League 9:00 AM Walk and Chair Exercises 10:00 AM Swim Aerobics 1:00 PM Bridge 2:00 PM Swim Aerobics 5:30 PM Poker 6:00 PM Healthy Eathing 	4 <p style="background-color: #FFC0CB; padding: 2px;">Independence Day</p> <ul style="list-style-type: none"> 8:00 AM Ladies Golf 9:00 AM Chair Strength Exercises 9:00 AM Swim Aerobics 2:00 PM Dominos 2:00 PM Swim Aerobics 7:00 PM Euchre 	5 <ul style="list-style-type: none"> 9:00 AM Swim Aerobics 9:00 AM Walk and Chair Exercises 2:00 PM Swim Aerobics 4:30 PM Happy Hour 7:00 PM Card Bingo 	6 <ul style="list-style-type: none"> 9:00 AM Chair Strength Exercises
7 <ul style="list-style-type: none"> 9:00 AM Walk and Chair Exercises 10:00 AM Swim Aerobics 2:00 PM Swim Aerobics 2:30 PM Mixed Golf 7:00 PM Pokeno 	8 <ul style="list-style-type: none"> 9:00 AM Walk and Chair Exercises 10:00 AM Swim Aerobics 2:00 PM Swim Aerobics 2:30 PM Mixed Golf 7:00 PM Pokeno 	9 <ul style="list-style-type: none"> 9:00 AM Chair Strength Exercises 9:00 AM Swim Aerobics 11:30 AM Ladies luncheon 2:00 PM Swim Aerobics 7:00 PM Bingo 	10 <ul style="list-style-type: none"> 9:00 AM Men's Golf League 9:00 AM Walk and Chair Exercises 10:00 AM Swim Aerobics 1:00 PM Bridge 2:00 PM Swim Aerobics 5:30 PM Poker 6:00 PM Healthy Eathing Group 	11 <ul style="list-style-type: none"> 8:00 AM Ladies Golf 9:00 AM Chair Strength Exercises 9:00 AM Swim Aerobics 2:00 PM Dominos 2:00 PM Swim Aerobics 7:00 PM Euchre 	12 <ul style="list-style-type: none"> 9:00 AM Swim Aerobics 9:00 AM Walk and Chair Exercises 2:00 PM Swim Aerobics 4:30 PM Happy Hour 7:00 PM Card Bingo 	13 <ul style="list-style-type: none"> 9:00 AM Chair Strength Exercises
14 <ul style="list-style-type: none"> 9:00 AM Walk and Chair Exercises 10:00 AM Swim Aerobics 2:00 PM Swim Aerobics 2:30 PM Mixed Golf 7:00 PM Pokeno 	15 <ul style="list-style-type: none"> 9:00 AM Walk and Chair Exercises 10:00 AM Swim Aerobics 2:00 PM Swim Aerobics 2:30 PM Mixed Golf 7:00 PM Pokeno 	16 <ul style="list-style-type: none"> 9:00 AM Chair Strength Exercises 9:00 AM Swim Aerobics 11:30 AM Soul Sisters Luncheon 2:00 PM Swim Aerobics 7:00 PM Bingo 	17 <p style="background-color: #FFC0CB; padding: 2px;">Ashura</p> <ul style="list-style-type: none"> 9:00 AM Men's Golf League 9:00 AM Walk and Chair Exercises 10:00 AM Swim Aerobics 1:00 PM Bridge 2:00 PM Swim Aerobics 5:30 PM Poker 6:00 PM Healthy Eathing 	18 <ul style="list-style-type: none"> 8:00 AM Ladies Golf 9:00 AM Chair Strength Exercises 9:00 AM Swim Aerobics 2:00 PM Dominos 2:00 PM Swim Aerobics 7:00 PM Euchre 	19 <ul style="list-style-type: none"> 9:00 AM Swim Aerobics 9:00 AM Walk and Chair Exercises 2:00 PM Swim Aerobics 4:30 PM Happy Hour 7:00 PM Card Bingo 	20 <ul style="list-style-type: none"> 9:00 AM Chair Strength Exercises 5:00 PM Pool party
21 <ul style="list-style-type: none"> 9:00 AM Walk and Chair Exercises 10:00 AM Swim Aerobics 2:00 PM Swim Aerobics 2:30 PM Mixed Golf 7:00 PM Pokeno 	22 <ul style="list-style-type: none"> 9:00 AM Walk and Chair Exercises 10:00 AM Swim Aerobics 2:00 PM Swim Aerobics 2:30 PM Mixed Golf 7:00 PM Pokeno 	23 <ul style="list-style-type: none"> 9:00 AM Chair Strength Exercises 9:00 AM Swim Aerobics 2:00 PM Swim Aerobics 7:00 PM Bingo 	24 <ul style="list-style-type: none"> 9:00 AM Men's Golf League 9:00 AM Walk and Chair Exercises 10:00 AM Swim Aerobics 1:00 PM Bridge 2:00 PM Swim Aerobics 5:30 PM Poker 6:00 PM Healthy Eathing Group 	25 <ul style="list-style-type: none"> 8:00 AM Ladies Golf 9:00 AM Chair Strength Exercises 9:00 AM Swim Aerobics 2:00 PM Dominos 2:00 PM Swim Aerobics 5:30 PM Board Meeting 7:00 PM Euchre 	26 <ul style="list-style-type: none"> 9:00 AM Swim Aerobics 9:00 AM Walk and Chair Exercises 2:00 PM Swim Aerobics 4:30 PM Happy Hour 7:00 PM Card Bingo 	27 <ul style="list-style-type: none"> 9:00 AM Chair Strength Exercises
28 <ul style="list-style-type: none"> 9:00 AM Walk and Chair Exercises 10:00 AM Swim Aerobics 2:00 PM Swim Aerobics 2:30 PM Mixed Golf 7:00 PM Pokeno 	29 <ul style="list-style-type: none"> 9:00 AM Walk and Chair Exercises 10:00 AM Swim Aerobics 2:00 PM Swim Aerobics 2:30 PM Mixed Golf 7:00 PM Pokeno 	30 <ul style="list-style-type: none"> 9:00 AM Chair Strength Exercises 9:00 AM Swim Aerobics 2:00 PM Swim Aerobics 7:00 PM Bingo 	31 <ul style="list-style-type: none"> 9:00 AM Men's Golf League 9:00 AM Walk and Chair Exercises 10:00 AM Swim Aerobics 1:00 PM Bridge 2:00 PM Swim Aerobics 5:30 PM Poker 6:00 PM Healthy Eathing Group 	1 <ul style="list-style-type: none"> 8:00 AM Ladies Golf 9:00 AM Chair Strength Exercises 9:00 AM Swim Aerobics 2:00 PM Dominos 2:00 PM Swim Aerobics 7:00 PM Euchre 	2 <ul style="list-style-type: none"> 9:00 AM Swim Aerobics 9:00 AM Walk and Chair Exercises 2:00 PM Swim Aerobics 4:30 PM Happy Hour 7:00 PM Card Bingo 	3 <ul style="list-style-type: none"> 9:00 AM Chair Strength Exercises