

July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i> Exercise 10 AM	<i>2</i>	<i>3</i> Independence Day BBQ—12 PM	<i>4</i> No Exercise—Civic Center Closed	<i>5</i>	<i>6</i>
<i>7</i>	<i>8</i> Exercise 10 AM	<i>9</i>	<i>10</i> Lunch Trip—Oyster House 10:30 AM	<i>11</i> Exercise 10 AM	<i>12</i> Shopping and lunch at Eastern Shore Center 9:30 AM	<i>13</i>
<i>14</i>	<i>15</i> Exercise 10 AM	<i>16</i>	<i>17</i> Movie Day—1 PM	<i>18</i> Exercise 10 AM	<i>19</i>	<i>20</i>
<i>21</i>	<i>22</i> Exercise 10 AM	<i>23</i>	<i>24</i> Bowling—Leave at 9:30 AM	<i>25</i> Exercise 10 AM	<i>26</i> Thrift shopping and lunch 9:30 AM	<i>27</i>
<i>28</i>	<i>29</i> Exercise 10 AM	<i>30</i>	<i>31</i> Pot Luck Lunch—12 PM			

- **Exercise:** Mondays and Thursdays at 10 AM. No exercise on July 4th because due to the holiday the civic center will be closed.
- **Breakfast:** Breakfast will start back on Tuesday August 6, 2024 at 8 AM.
- **Independence Day BBQ:** Wednesday, July 3rd at 12 PM—We will be having this event catered so please just bring yourself!
- **Lunch Trip:** Wednesday July, 10th we will be going to eat at the Original Oyster House on the Causeway in Spanish Fort. Sign up to ride the bus or meet us there. The bus will be leaving at 10:30 AM.
- **Movie Day:** We will be watching Courageous starting a 1 PM on Wednesday, July 17th. Come join us!
- **Bowling:** Wednesday, July 24th we will be going to Eastern Shore Lanes to bowl and eat lunch! We will be leaving the Civic Center at 9:30 AM. Sign up to ride with us or meet us there.
- **Pot Luck Lunch:** Wednesday, July 31st at noon—please bring a dish or dessert to share.
- **Shopping:** On Friday, July 12th we will be going to the Eastern Shore Center to shop and eat lunch. We will leave at 9:30 AM. On July 26th we will be going to the thrift stores and having lunch in Fairhope. The bus will roll out at 9:30 AM also. Be sure to sign up if you will be joining us for either date.