

ONSTED SENIOR CITIZEN CENTER
 DIRECTOR~ JULIE RUTTINGER
 8:30 - 2:30 MON - WED - THUR

AMERICAN LEGION, ONSTED, MICHIGAN
 COOK - JAKE SUMMERS

JULY

2018



PHONE: 467-6917

LUNCH SERVED
 AT 11:30

MONDAY	WEDNESDAY	THURSDAY
9:30 GENTLE EXERCISE 10:30 BLOOD PRESSURE CHECK 12:30 VEGGIE MOBILE 2	4 <i>HAPPY 4th of JULY</i> CLOSED	5 9:15 LINE DANCING w/ GLORIA 12:00 CARDS, GAMES & PUZZLES
9 9:30 GENTLE EXERCISE 12:15 CARDS, GAMES & PUZZLES 12:30 VEGGIE MOBILE	11 9:00 CARDIO DRUMMING 10:00 BIBLE STUDY 12:00 CARDS, GAMES & PUZZLES 12:15 CRAFT JULY BIRTHDAY CELEBRATION	12 9:15 LINE DANCING w/ GLORIA 12:00 CARDS, GAMES & PUZZLES
16 9:30 GENTLE EXERCISE 12:15 CARDS, GAMES & PUZZLES 12:30 VEGGIE MOBILE	18 9:00 <i>CARDIO DRUMMING</i> 10:00 BIBLE STUDY 12:00 Matt Plessner-Wagley Funeral Presentation 1:30 CARDS, GAMES & PUZZLES	19 9:15 LINE DANCING w/ GLORIA 1:30 CARDS, GAMES & PUZZLES 12:00 Jay Brandt-Belrone Hearing Presentation 1:30 CARDS, GAMES & PUZZLES
23 9:30 GENTLE EXERCISE 12:15 CARDS, GAMES & PUZZLES 12:30 VEGGIE MOBILE	25 9:00 CARDIO DRUMMING 10:00 BIBLE STUDY 12:00 CARDS, GAMES & PUZZLES 12:15 BINGO	26 9:15 LINE DANCING w/ GLORIA 12:00 CARDS, GAMES & PUZZLES
30 9:30 GENTLE EXERCISE 12:15 CARDS, GAMES & PUZZLES 12:30 VEGGIE MOBILE 10:30 CENTER BOARD MEETING		

SUMMER TIME is the BEST!

Please be sure to use your sunscreen and bug spray liberally & check yourself for ticks when you are outside.

It's also important to stay hydrated too!

Monitor your heat exposure if you are outside for any extended time.

If you get too hot, you can always come into the Senior Center, have air conditioning!!