

# Dublin Senior Center

## July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Other Happenings</b> <b>Massage:</b> 1st Tues. of the month By Appointment Only <b>FocusHope</b> 2nd Tues. each month 11:00am, Dublin Parking Lot  <b>Widow/Widower Support Group</b> (Grief Group)- Beginners Group 3rd Sundry each month 2:00pm, Dublin Senior Center	<b>1</b> 9:00am Stretch & Strength 11:00am Helpful Hookers 1:00pm Euchre 1:00pm Rhythmics 2:00pm Widow/Widowers Group: Int/Advanced 	<b>2</b> 9:30am Hatha Yoga 9:30am Walking Club <b>11:30am BUNCO*</b> 12:00pm Samba 1:00pm Mahjongg	<b>3</b> 9:15am Balance & Core 10:00am Line Dancing 12:30pm Prog. Hand & Foot 12:30pm Group Game Day	<b>4</b> <b>Center Closed</b>  <b>Independence Day</b>
<b>7</b> 9:30 Walking Club 10:00am Wrapped in Warmth 12:00pm Hand, Knee & Foot 12:15pm BINGO <b>1:45pm Dublin Cinema*</b> <b>Movie: Hamilton or National Treasure Book of Secrets</b>	<b>8</b> 9:00am Stretch & Strength <b>10:00am Coffee/Conversation</b> 11:00am Helpful Hookers 1:00pm Euchre 1:00pm Rhythmics	<b>9</b> 9:30am Hatha Yoga 9:30am Walking Club 12:00pm Samba 1:00pm Mahjongg <b>1:30pm Anyone Can Paint*</b>	<b>10</b> 9:15am Balance & Core 10:00am Line Dancing 12:30pm Prog. Hand & Foot	<b>11</b> 9:30am Chair Yoga 9:30am Walking Club 12:15pm BINGO 2:00pm Line Dancing 
<b>14</b> 9:30 Walking Club 10:00am Wrapped in Warmth 12:00pm Hand, Knee & Foot 12:15pm BINGO  Trip Registration Deadline Cook's Farm Dairy Tour	<b>15</b> 9:00am Stretch & Strength 11:00am Helpful Hookers 11:00am Wii Bowling <b>11:00am HVSB Senior Seminar- "Scams"</b> 1:00pm Euchre 1:00pm Rhythmics	<b>16</b> 9:30am Hatha Yoga 9:30am Walking Club 11:00am Lakes Sew-ciety 12:00pm Samba 1:00pm Mahjongg	<b>17</b> 9:15am Balance & Core 10:00am Line Dancing 10:30am Book Club 12:30pm Prog. Hand & Foot 	<b>18</b> 9:30am Chair Yoga 9:30am Walking Club 12:15pm BINGO  <b>Center Closes 2pm</b>
<b>21</b> 9:30 Walking Club 10:00am Wrapped in Warmth 12:00pm Hand, Knee & Foot 12:15pm BINGO 	<b>22</b> 9:00am Stretch & Strength 11:00am Helpful Hookers 1:00pm Euchre 1:00pm Rhythmics	<b>23</b> 9:30am Hatha Yoga 9:30am Walking Club 11:00am Quilting Club 12:00pm Samba 1:00pm Mahjongg	<b>24</b> 9:15am Balance & Core 10:00am Line Dancing 12:30pm Prog. Hand & Foot 12:30pm Group Game Day  <b>Cook's Farm Trip 9:30am*</b>	<b>25</b> 9:30am Chair Yoga 9:30am Walking Club 12:15pm BINGO 2:00pm Line Dancing  Trip Registration Deadline Mystery Day Trip
<b>28</b> 9:30 Walking Club 10:00am Wrapped in Warmth 12:00pm Hand, Knee & Foot 12:15pm BINGO 	<b>29</b> <b>Ice Cream Day: 11:30-1:30</b> 9:00am Stretch & Strength 11:00am Helpful Hookers 1:00pm Euchre 1:00pm Rhythmics  Dining with the Director* Meet a Restaurant 11:30am	<b>30</b> 9:30am Hatha Yoga 9:30am Walking Club 11:00am Quilting Club 12:00pm Samba 1:00pm Mahjongg	<b>31</b> 9:15am Balance & Core 10:00am Line Dancing 12:30pm Prog. Hand & Foot 	<b>Note</b> <b>Activities/Events/Trips with *</b> <b>You must Pre-Register for at Dublin Senior Center by its deadline. Please see our newsletter for more info</b>

# Dublin Senior Center

## August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Other Happenings	at Dublin	Notes		
<p>Massage 1st Tuesday of the month By Appointment Only</p> <p>Focus Hope 2nd Tuesday of Each Month 11:00am Dublin Parking Lot</p>	<p>Widow/Widower Support Gathering (Grief Group) Beginning Group 3rd Sunday of each month 2:00pm Dublin Senior Center</p>	<p>Activities/Events/Trips with *</p> <p>You must Pre-Register for at Dublin Senior Center by its deadline. Please see our newsletter for more info</p>		<p>9:30am Chair Yoga 9:30am Walking Club 12:15pm BINGO</p> <p>Center Closes 2pm</p>
<p>4</p> <p>9:30 Walking Club 10:00am Wrapped in Warmth 12:00pm Hand, Knee &amp; Foot 12:15pm BINGO</p> <p>1:45pm Dublin Cinema*</p> <p>Movie: A Dog's Purpose or Lady and the Tramp Live Action</p>	<p>5</p> <p>9:00am Stretch &amp; Strength 11:00am Helpful Hookers 1:00pm Euchre 1:00pm Rhythmics 2:00pm Widow/Widowers Group: Int/Advanced</p>	<p>6</p> <p>9:30am Hatha Yoga 9:30am Walking Club 12:00pm Samba 1:00pm Mahjongg</p>	<p>7</p> <p>9:15am Balance &amp; Core 10:00am Line Dancing 12:30pm Prog. Hand &amp; Foot 12:30pm Group Game Day</p>	<p>8</p> <p>9:30am Chair Yoga 9:30am Walking Club 12:15pm BINGO 2:00pm Line Dancing</p> 
<p>11</p> <p>9:30 Walking Club 10:00am Wrapped in Warmth 12:00pm Hand, Knee &amp; Foot 12:15pm BINGO</p>	<p>12</p> <p>9:00am Stretch &amp; Strength 11:00am Helpful Hookers 12:00pm Cooking with M* 1:00pm Euchre 1:00pm Rhythmics</p> 	<p>13</p> <p>9:30am Hatha Yoga 9:30am Walking Club 12:00pm Samba 1:00pm Mahjongg 1:30pm Anyone Can Paint*</p>	<p>14</p> <p>9:15am Balance &amp; Core 10:00am Line Dancing 12:30pm Prog. Hand &amp; Foot</p> <p>Mystery Day Trip 8:45am*</p>	<p>15</p> <p>9:30am Chair Yoga 9:30am Walking Club 12:15pm BINGO</p> <p>Center Closes 2pm</p>
<p>18</p> <p>9:30 Walking Club 10:00am Wrapped in Warmth 12:00pm Hand, Knee &amp; Foot 12:15pm BINGO</p> 	<p>19</p> <p>9:00am Stretch &amp; Strength 11:00am Helpful Hookers 11:00am Wii Bowling 1:00pm Euchre 1:00pm Rhythmics</p>	<p>20</p> <p>9:30am Hatha Yoga 9:30am Walking Club 11:00am Lakes Sewcity 12:00pm Samba 1:00pm Mahjongg</p>	<p>21</p> <p>9:15am Balance &amp; Core 10:00am Line Dancing 10:30am Book Club 12:30pm Prog. Hand &amp; Foot</p>	<p>22</p> <p>9:30am Chair Yoga 9:30am Walking Club 12:15pm BINGO 2:00pm Line Dancing</p>
<p>25</p> <p>9:30 Walking Club 10:00am Wrapped in Warmth 12:00pm Hand, Knee &amp; Foot 12:15pm BINGO</p>	<p>26</p> <p>9:00am Stretch &amp; Strength 11:00am Helpful Hookers 1:00pm Euchre 1:00pm Rhythmics</p> <p>Dining with the Director* Meet a Restaurant 11:30am</p>	<p>27</p> <p>9:30am Hatha Yoga 9:30am Walking Club 11:00am Quilting Club 12:00pm Samba 1:00pm Mahjongg</p>	<p>28</p> <p>9:15am Balance &amp; Core 10:00am Line Dancing 12:30pm Prog. Hand &amp; Foot 12:30pm Group Game Day</p> <p>1:00pm Canterbury on the Lake "Appy Hour Seminar"*</p> 	<p>29</p> <p>9:30am Chair Yoga 9:30am Walking Club 12:15pm BINGO</p> <p>Center Closes 2pm</p>