



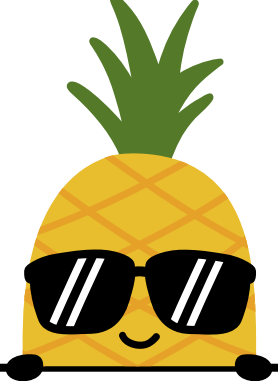



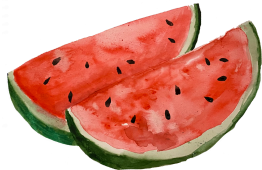

# DUBLIN SENIOR CENTER

## JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Closed Fridays
<p><b>Other Happenings</b>  <b>Massage</b> 1st Thurs. of the month By Appointment Only  <b>Focus Hope</b> 2nd Tues each month, 11:00am, Dublin Parking Lot  <b>Widow/Widower Support Group</b> 3rd Sunday of each month, 2:00pm, Dublin Senior Center</p>	<p><b>Note</b>            Activities/Events/Trips with *            You must Pre-Register for at Dublin Senior Center by its deadline.            Please see our newsletter for more info</p>	<p>1  <b>8:15am Golden Mornings</b>            9:30am Hatha Yoga            9:30am Walking Club  <b>11:30am BUNCO*</b>            12:00pm Samba            1:00pm Mahjongg  <b>3:30pm Dominoes</b></p>	<p>2            9:15am Balance &amp; Core            10:00am Line Dancing            12:30pm Prog. Hand &amp; Foot            12:30pm Group Game Day  <b>1:15pm BINGO</b>  <b>3:00pm Independent Art</b>    <i>Ticket Deadline: Lavender Festival at Blakes Day Trip</i></p>	
<p>6    <b>In Observance of Independence Day</b></p>	<p>7            9:00am Stretch &amp; Strength  <b>9:30am Walking Club</b>            11:00am Helpful Hookers            1:00pm Euchre            1:00pm Rhythmics            2:00pm Mystery Activity  <b>3:30pm Wii Interactive Games</b>  <b>4:00pm Body Groove</b></p>	<p>8  <b>8:15am Golden Mornings</b>            9:30am Hatha Yoga            9:30am Walking Club            10:30am Book Club            12:00pm Samba            1:00pm Mahjongg  <b>1:30pm Anyone Can Paint*</b>  <b>3:30pm Dominoes</b></p>	<p>9            9:15am Balance &amp; Core            10:00am Line Dancing            12:30pm Prog. Hand &amp; Foot  <b>12:30pm Group Game Day</b>  <b>1:15pm BINGO</b>  <b>3:00pm Independent Art</b></p>	
<p>13            9:30am Walking Club            9:30am Body Groove  <b>9:30am Chair Yoga</b>            10:00am Wrapped in Warmth            12:00pm Hand, Knee &amp; Foot            12:15pm BINGO  <b>3:00pm Sequence Game</b>  <b>3:00pm Movie Day</b></p>	<p>14            9:00am Stretch &amp; Strength  <b>9:30am Walking Club</b>            11:00am Helpful Hookers            1:00pm Euchre            1:00pm Rhythmics  <b>3:30pm Wii Interactive Games</b>  <b>4:00pm Body Groove</b>    <b>Shredding Event Begins July 14-28th</b></p>	<p>15  <b>8:15am Golden Mornings</b>            9:30am Hatha Yoga            9:30am Walking Club            11:00am Lakes Sewcity            12:00pm Samba            1:00pm Mahjongg  <b>2:00pm Road Scholar Series: George Washington*</b>  <b>3:30pm Dominoes</b></p>	<p>16            9:15am Balance &amp; Core            10:00am Line Dancing            12:30pm Prog. Hand &amp; Foot  <b>12:30pm Group Game Day</b>  <b>1:15pm BINGO</b>            2:00pm Musical Moments  <b>3:00pm Independent Art</b></p>	<p><i>Day Trip: Lavender Festival at Blakes* 9:45am</i></p>
<p>20            9:30am Walking Club            9:30am Body Groove  <b>9:30am Chair Yoga</b>            10:00am Wrapped in Warmth  <b>11:30am Summer Road Trip Bingo Event*</b>            12:00pm Hand, Knee &amp; Foot  <b>3:00pm Sequence Game</b></p>	<p>21            9:00am Stretch &amp; Strength  <b>9:30am Walking Club</b>            11:00am Helpful Hookers            1:00pm Euchre            1:00pm Rhythmics  <b>3:30pm Wii Interactive Games</b>  <b>4:00pm Body Groove</b></p>	<p>22  <b>8:15am Golden Mornings</b>            9:30am Hatha Yoga            9:30am Walking Club            11:00am Quilting Club            12:00pm Samba            1:00pm Mahjongg  <b>3:30pm Dominoes</b></p>	<p>23            9:15am Balance &amp; Core            10:00am Line Dancing            12:30pm Prog. Hand &amp; Foot            12:30pm Group Game Day  <b>1:15pm BINGO</b>  <b>3:00pm Independent Art</b></p>	
<p>27            9:30am Walking Club            9:30am Body Groove  <b>9:30am Chair Yoga</b>            10:00am Wrapped in Warmth            12:00pm Hand, Knee &amp; Foot            12:15pm BINGO  <b>3:00pm Sequence Game</b>  <b>3:00pm Movie Day</b></p>	<p>28            9:00am Stretch &amp; Strength  <b>9:30am Walking Club</b>            11:00am Helpful Hookers            1:00pm Euchre            1:00pm Rhythmics  <b>3:30pm Wii Interactive Games</b>  <b>4:00pm Body Groove</b>    <b>Dining with the Director*</b></p>	<p>29  <b>8:15am Golden Mornings</b>            9:30am Hatha Yoga            9:30am Walking Club            11:00am Quilting Club            12:00pm Samba            1:00pm Mahjongg  <b>3:30pm Dominoes</b></p>	<p>30            9:15am Balance &amp; Core            10:00am Line Dancing            12:30pm Prog. Hand &amp; Foot  <b>12:30pm Group Game Day</b>  <b>1:15pm BINGO</b>  <b>3:00pm Independent Art</b></p>	

# DUBLIN SENIOR CENTER

## AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Closed Fridays
<p style="text-align: right;">3</p> <p>9:30am Walking Club 9:30am Body Groove <b>9:30am Chair Yoga</b> 10:00am Wrapped in Warmth 12:00pm Hand, Knee &amp; Foot 12:15pm BINGO <b>3:00pm Sequence Game</b></p>	<p style="text-align: right;">4</p> <p style="text-align: center;"><b>All Classes/Activities Canceled Due to Elections</b></p> 	<p style="text-align: right;">5</p> <p><b>8:15am Golden Mornings</b> 9:30am Hatha Yoga 9:30am Walking Club 12:00pm Samba 1:00pm Mahjongg <b>3:30pm Dominoes</b></p>	<p style="text-align: right;">6</p> <p>9:15am Balance &amp; Core 10:00am Line Dancing 12:30pm Prog. Hand &amp; Foot 12:30pm Group Game Day <b>1:15pm BINGO</b> <b>3:00pm Independent Art</b></p> <p><i>Ticket Deadline: DIA Scavenger Hunt Adventure Day Trip</i></p>	
<p style="text-align: right;">10</p> <p>9:30am Walking Club 9:30am Body Groove <b>9:30am Chair Yoga</b> 10:00am Wrapped in Warmth 12:00pm Hand, Knee &amp; Foot 12:15pm BINGO <b>3:00pm Sequence Game</b> <b>3:00pm Movie Day</b></p>	<p style="text-align: right;">11</p> <p>9:00am Stretch &amp; Strength <b>9:30am Walking Club</b> 11:00am Helpful Hookers 1:00pm Euchre 1:00pm Rhythmics <b>3:30pm Wii Interactive Games</b> <b>4:00pm Body Groove</b></p>	<p style="text-align: right;">12</p> <p><b>8:15am Golden Mornings</b> 9:30am Hatha Yoga 9:30am Walking Club 10:30am Book Club 12:00pm Samba 1:00pm Mahjongg <b>1:30pm Anyone Can Paint*</b> <b>3:30pm Dominoes</b></p>	<p style="text-align: right;">13</p> <p style="text-align: center;"><b>All Classes/Activities Canceled Due to an Event</b></p> <p style="text-align: center;"><b>Down &amp; Derby Races* 12:00pm</b></p>	
<p style="text-align: right;">17</p> <p>9:30am Walking Club 9:30am Body Groove <b>9:30am Chair Yoga</b> 10:00am Wrapped in Warmth 12:00pm Hand, Knee &amp; Foot 12:15pm BINGO <b>3:00pm Sequence Game</b></p>	<p style="text-align: right;">18</p> <p>9:00am Stretch &amp; Strength <b>9:30am Walking Club</b> 11:00am Helpful Hookers 1:00pm Euchre 1:00pm Rhythmics <b>3:30pm Wii Interactive Games</b> <b>4:00pm Body Groove</b></p> 	<p style="text-align: right;">19</p> <p><b>8:15am Golden Mornings</b> 9:30am Hatha Yoga 9:30am Walking Club 11:00am Lakes Sewcity 12:00pm Samba 1:00pm Mahjongg <b>3:30pm Dominoes</b></p>	<p style="text-align: right;">20</p> <p>9:15am Balance &amp; Core 10:00am Line Dancing 12:30pm Prog. Hand &amp; Foot <b>12:30pm Group Game Day</b> <b>1:15pm BINGO</b> 2:00pm Musical Moments <b>3:00pm Independent Art</b></p>	
<p style="text-align: right;">24</p> <p>9:30am Walking Club 9:30am Body Groove <b>9:30am Chair Yoga</b> 10:00am Wrapped in Warmth 12:00pm Hand, Knee &amp; Foot 12:15pm BINGO <b>3:00pm Sequence Game</b> <b>3:00pm Movie Day</b></p> <p><i>Back to School Food Collection Begins 8/24-9/3</i></p>	<p style="text-align: right;">25</p> <p>9:00am Stretch &amp; Strength <b>9:30am Walking Club</b> 11:00am Helpful Hookers <b>12:00pm Cooking with M*</b> 1:00pm Euchre 1:00pm Rhythmics <b>3:30pm Wii Interactive Games</b> <b>4:00pm Body Groove</b> <b>Dining with the Director*</b></p>	<p style="text-align: right;">26</p> <p><b>8:15am Golden Mornings</b> 9:30am Hatha Yoga 9:30am Walking Club 11:00am Quilting Club 12:00pm Samba 1:00pm Mahjongg <b>3:30pm Dominoes</b></p> <p style="text-align: center;"><i>Day Trip*</i> <i>DIA Scavenger Hunt 11:30am</i></p>	<p style="text-align: right;">27</p> <p>9:15am Balance &amp; Core 10:00am Line Dancing 12:30pm Prog. Hand &amp; Foot 12:30pm Group Game Day <b>1:15pm BINGO</b> <b>3:00pm Independent Art</b></p>	
<p style="text-align: right;">31</p> <p>9:30am Walking Club 9:30am Body Groove <b>9:30am Chair Yoga</b> 10:00am Wrapped in Warmth 12:00pm Hand, Knee &amp; Foot 12:15pm BINGO <b>3:00pm Sequence Game</b></p>			<p style="text-align: center;"><b>Other Happenings</b></p> <p><b>Massage</b> 1st Thurs. of the month By Appointment Only <b>Focus Hope</b> 2nd Tues each month, 11:00am, Dublin Parking Lot <b>Widow/Widower Support Group</b> 3rd Sunday of each month, 2:00pm, Dublin Senior Center</p>	<p style="text-align: center;"><b>Note</b></p> <p>Activities/Events/Trips with * You must Pre-Register for at Dublin Senior Center by its deadline. Please see our newsletter for more info</p>