

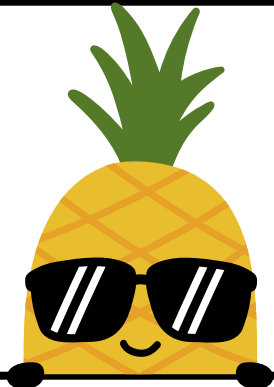
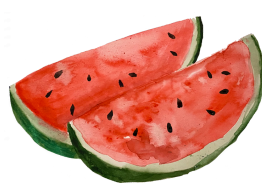
DUBLIN SENIOR CENTER

JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Closed Fridays
Other Happenings Massage 1st Thurs. of the month By Appointment Only Focus Hope 2nd Tues each month, 11:00am, Dublin Parking Lot Widow/Widower Support Group 3rd Sunday of each month, 2:00pm, Dublin Senior Center	Note Activities/Events/Trips with * You must Pre-Register for at Dublin Senior Center by its deadline. Please see our newsletter for more info	¹ 8:15am Golden Mornings 9:30am Hatha Yoga 9:30am Walking Club 11:30am BUNCO* 12:00pm Samba 1:00pm Mahjongg 3:30pm Dominoes	² 9:15am Balance & Core 10:00am Line Dancing 12:30pm Prog. Hand & Foot 12:30pm Group Game Day 1:15pm BINGO 3:00pm Independent Art <i>Ticket Deadline: Lavender Festival at Blakes Day Trip</i>	
⁶  In Observance of Independence Day	⁷ 9:00am Stretch & Strength 9:30am Walking Club 11:00am Helpful Hookers 1:00pm Euchre 1:00pm Rhythmics 2:00pm Mystery Activity 3:30pm Wii Interactive Games 4:00pm Body Groove	⁸ 8:15am Golden Mornings 9:30am Hatha Yoga 9:30am Walking Club 10:30am Book Club 12:00pm Samba 1:00pm Mahjongg 1:30pm Anyone Can Paint* 3:30pm Dominoes	⁹ 9:15am Balance & Core 10:00am Line Dancing 12:30pm Prog. Hand & Foot 12:30pm Group Game Day 1:15pm BINGO 3:00pm Independent Art	
¹³ 9:30am Walking Club 9:30am Body Groove 9:30am Chair Yoga 10:00am Wrapped in Warmth 12:00pm Hand, Knee & Foot 12:15pm BINGO 3:00pm Sequence Game 3:00pm Movie Day	¹⁴ 9:00am Stretch & Strength 9:30am Walking Club 11:00am Helpful Hookers 1:00pm Euchre 1:00pm Rhythmics 3:30pm Wii Interactive Games 4:00pm Body Groove Shredding Event Begins July 14-28th	¹⁵ 8:15am Golden Mornings 9:30am Hatha Yoga 9:30am Walking Club 11:00am Lakes Sewcity 12:00pm Samba 1:00pm Mahjongg 2:00pm Road Scholar Series: George Washington* 3:30pm Dominoes	¹⁶ 9:15am Balance & Core 10:00am Line Dancing 12:30pm Prog. Hand & Foot 12:30pm Group Game Day 1:15pm BINGO 2:00pm Musical Moments 3:00pm Independent Art	Day Trip: Lavender Festival at Blakes* 9:45am
²⁰ 9:30am Walking Club 9:30am Body Groove 9:30am Chair Yoga 10:00am Wrapped in Warmth 11:30am Summer Road Trip Bingo Event* 12:00pm Hand, Knee & Foot 3:00pm Sequence Game	²¹ 9:00am Stretch & Strength 9:30am Walking Club 11:00am Helpful Hookers 1:00pm Euchre 1:00pm Rhythmics 3:30pm Wii Interactive Games 4:00pm Body Groove	²² 8:15am Golden Mornings 9:30am Hatha Yoga 9:30am Walking Club 11:00am Quilting Club 12:00pm Samba 1:00pm Mahjongg 3:30pm Dominoes	²³ 9:15am Balance & Core 10:00am Line Dancing 12:30pm Prog. Hand & Foot 12:30pm Group Game Day 1:15pm BINGO 3:00pm Independent Art	
²⁷ 9:30am Walking Club 9:30am Body Groove No Chair Yoga 10:00am Wrapped in Warmth 12:00pm Hand, Knee & Foot 12:15pm BINGO 3:00pm Sequence Game 3:00pm Movie Day	²⁸ 9:00am Stretch & Strength 9:30am Walking Club 11:00am Helpful Hookers 1:00pm Euchre 1:00pm Rhythmics 3:30pm Wii Interactive Games 4:00pm Body Groove Dining with the Director*	²⁹ 8:15am Golden Mornings 9:30am Hatha Yoga 9:30am Walking Club 11:00am Quilting Club 12:00pm Samba 1:00pm Mahjongg 3:30pm Dominoes	³⁰ 9:15am Balance & Core 10:00am Line Dancing 12:30pm Prog. Hand & Foot 12:30pm Group Game Day 1:15pm BINGO 3:00pm Independent Art	

DUBLIN SENIOR CENTER

AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Closed Fridays
3 9:30am Walking Club 9:30am Body Groove 9:30am Chair Yoga 10:00am Wrapped in Warmth 12:15pm BINGO No Hand, Knee & Foot No Sequence Game	4 All Classes/Activities Canceled Due to Elections 	5 No Golden Mornings No Hatha Yoga 9:30am Walking Club-Outside Only 12:00pm Samba 1:00pm Mahjongg 3:30pm Dominoes	6 9:15am Balance & Core 10:00am Line Dancing 12:30pm Prog. Hand & Foot 12:30pm Group Game Day 1:15pm BINGO 3:00pm Independent Art <i>Ticket Deadline: DIA Scavenger Hunt Adventure Day Trip</i>	
10 9:30am Walking Club 9:30am Body Groove 9:30am Chair Yoga 10:00am Wrapped in Warmth 12:00pm Hand, Knee & Foot 12:15pm BINGO 3:00pm Sequence Game 3:00pm Movie Day	11 9:00am Stretch & Strength 9:30am Walking Club 11:00am Helpful Hookers 1:00pm Euchre 1:00pm Rhythmics 3:30pm Wii Interactive Games 4:00pm Body Groove	12 8:15am Golden Mornings 9:30am Hatha Yoga 9:30am Walking Club 10:30am Book Club 12:00pm Samba 1:00pm Mahjongg 1:30pm Anyone Can Paint* 3:30pm Dominoes	13 All Classes/Activities Canceled Due to an Event Down & Derby Races* 12:00pm	
17 9:30am Walking Club 9:30am Body Groove 9:30am Chair Yoga 10:00am Wrapped in Warmth 12:00pm Hand, Knee & Foot 12:15pm BINGO 3:00pm Sequence Game	18 9:00am Stretch & Strength 9:30am Walking Club 11:00am Helpful Hookers 1:00pm Euchre 1:00pm Rhythmics 3:30pm Wii Interactive Games 4:00pm Body Groove 	19 8:15am Golden Mornings 9:30am Hatha Yoga 9:30am Walking Club 11:00am Lakes Sewcity 12:00pm Samba 1:00pm Mahjongg 3:30pm Dominoes	20 9:15am Balance & Core 10:00am Line Dancing 12:30pm Prog. Hand & Foot 12:30pm Group Game Day 1:15pm BINGO 3:00pm Independent Art	
24 9:30am Walking Club 9:30am Body Groove 9:30am Chair Yoga 10:00am Wrapped in Warmth 12:00pm Hand, Knee & Foot 12:15pm BINGO 3:00pm Sequence Game 3:00pm Movie Day <i>Back to School Food Collection Begins 8/24-9/3</i>	25 9:00am Stretch & Strength 9:30am Walking Club 11:00am Helpful Hookers 12:00pm Cooking with M* 1:00pm Euchre 1:00pm Rhythmics 3:30pm Wii Interactive Games 4:00pm Body Groove Dining with the Director*	26 8:15am Golden Mornings 9:30am Hatha Yoga 9:30am Walking Club 11:00am Quilting Club 12:00pm Samba 1:00pm Mahjongg 3:30pm Dominoes <i>Day Trip*</i> <i>DIA Scavenger Hunt 11:30am</i>	27 9:15am Balance & Core 10:00am Line Dancing 12:30pm Prog. Hand & Foot 12:30pm Group Game Day 1:15pm BINGO 3:00pm Independent Art	
31 9:30am Walking Club 9:30am Body Groove 9:30am Chair Yoga 10:00am Wrapped in Warmth 12:00pm Hand, Knee & Foot 12:15pm BINGO 3:00pm Sequence Game			Other Happenings Massage 1st Thurs. of the month By Appointment Only Focus Hope 2nd Tues each month, 11:00am, Dublin Parking Lot Widow/Widower Support Group 3rd Sunday of each month, 2:00pm, Dublin Senior Center	Note Activities/Events/Trips with * You must Pre-Register for at Dublin Senior Center by its deadline. Please see our newsletter for more info