

# July 2024

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>10:15am Seniorcise</p> <p>11:00am 4th of July Bingo</p>	<p>2</p> <p>10:30am To 11:30am 4th of July Celebration</p>	<p>3</p> <p>10:15am Fitness Zone</p> <p>11:00am Bible Study With Pastor Eunice Jones</p>	<p>4</p> <p>Senior Center Closed For Observing 4th of July</p>	<p>5</p> <p>10:15am Tai Chi</p> <p>11:00am Freezer Pop Day Bingo</p>
<p>8</p> <p>10:30am ARH Presents Men's Health</p>	<p>9</p> <p>10:30am Music By Rail Splitters Raleigh Co. Assessors Personal Tax Information</p>	<p>10</p> <p>10:15am Fitness Zone</p> <p>Bible Study With Dr. Charles Bright</p>	<p>11</p> <p>10:15am Relaxation Therapy</p> <p>11:00am Backyard Game Bingo</p>	<p>12</p> <p>10:15am Tai Chi</p> <p>10:30am Bill Bailey w/ WV Aging &amp; Disability Resource Center</p>
<p>15</p> <p>10am-11am Donuts and Free Coffee from RCCOA 11:00am Summertime Bingo</p>	<p>16</p> <p>10:30am Beckley Health Care Presents How to take care of Self during a Heat Wave</p>	<p>17</p> <p>10:15am Fitness Zone</p> <p>11:00am Bible Study With Haven Davis</p>	<p>18</p> <p>10:45am Mystery Bingo</p>	<p>19</p> <p>10:15am Tai Chi</p> <p>11:00am Friendship Connections &amp; Social Wellness</p>
<p>22</p> <p>10:15am Seniorcise</p> <p>11:00am Blue Monday Bingo</p>	<p>23</p> <p>10:45am Peachy Keen Day Bingo</p>	<p>24</p> <p>10:15am Fitness Zone</p> <p>11:00am Bible Study With Pastor Dwight Bright</p>	<p>25</p> <p>10:00am To 11:00am ARH Diabetic Support Group</p>	<p>26</p> <p>10:30am-12pm July Birthday Celebration w/ David Runion Cake By Best Ambulance</p>
<p>29</p> <p>10:30am Music By The Strings of Green</p>	<p>30</p> <p>10:15am Seniorcise</p> <p>11:00am Ice Cream Sundae Bingo</p>	<p>31</p> <p>10:15am Fitness Zone</p> <p>11:00am Bible Study with Pastor Dwight Bright</p>	<p>Mondays 10am-11:30a World History Class with Dave Wynne</p>	<p>Every Tue-Thurs</p> <p>10:00am Exercise Class</p> <p>12pm-1pm Line Dancing</p> <p>5pm-6pm YOGA</p>