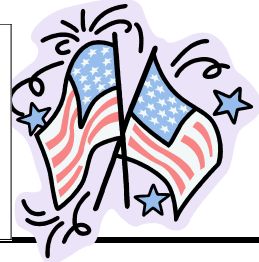
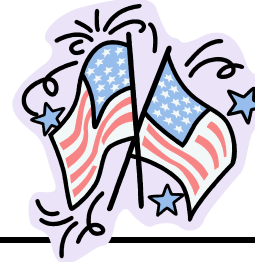





**\*\* Blood Pressure Checks \*\***  
**Wednesdays 9:00am—10:00am**  
 Provided by: Orange Beach Fire Dept.



# July 2019



**Fireworks Schedule 2019**  
**July 4 - 9pm @ Perdido Beach Resort**  
**July 4—9pm @ Gulf State Park Pier**  
**July 6 - 8:45pm @ The Wharf**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Exercise 7:45a-8:45a <b>Hand &amp; Foot 9:30a—1p</b> Mah Jong 1pm 2pm Sit & Be Fit Exercise	2 Exercise 7:45a-8:45a <b>Hand &amp; Foot 9:30a—1p</b> Mah Jong 1pm 2pm Sit & Be Fit Exercise	3 Exercise 7:45a-8:45a <b>TaiChi 9:30a-10:30a</b> Color Me Calm 9a Dominoes 9:30-12pm 2pm Sit & Be Fit Exercise	4  <div style="border: 2px solid blue; padding: 5px; text-align: center;"> <b>“Happy 4th of July”</b>  <b>Center Closed</b> </div>	5 	6 
7 <b>REMINDER - ANN's on Vacation July 7-21st</b>	8 <b>Hand &amp; Foot 9:30a—1p</b> Mah Jong 1pm	9 <b>8:30a: “Yoga” for Everybody</b> Ceramics 9am-11am 9:30am—Greif Group Bridge 12 -3:30pm	10 <b>TaiChi 9:30a-10:30a</b> Color Me Calm 9a Dominoes 9:30-12pm <b>Masters Games Bowling</b>	11 <b>8:30a: “Yoga” for Everybody</b> Book Folding 9a-11a Hand & Foot 9:30a-11:30a Bridge 12 -3:30 1pm—Dominos	12 <b>Summer Movie &amp; Lunch Bunch .....</b> <b>Time &amp; Movie TBA</b>	13
14	15 <b>Hand &amp; Foot 9:30a—1p</b> Mah Jong 1pm	16 Exercise 7:45a-8:45a <b>Hand &amp; Foot 9:30a—1p</b> Mah Jong 1pm 2pm Sit & Be Fit Exercise	17 <b>TaiChi 9:30a-10:30a</b> Color Me Calm 9a Dominoes 9:30-12pm	18 <b>8:30a: “Yoga” for Everybody</b> Book Folding 9a-11a Hand & Foot 9:30a-11:30a Bridge 12 -3:30p 1pm Dominos	19 <b>11am—Mystery Trip &amp; Lunch.</b>	20
21 <b>REMINDER - ANN's BACK on July 22nd</b>	22 Exercise 7:45a-8:45a <b>Hand &amp; Foot 9:30a—1p</b> Mah Jong 1pm 2pm Sit & Be Fit Exercise	23 <b>8:30a: “Yoga” for Everybody</b> Ceramics 9am-11am Bridge 12 -3:30pm	24 Exercise 7:45a-8:45 <b>TaiChi 9:30a-10:30a</b> Color Me Calm 9a Dominoes 9:30-12pm 2pm Sit & Be Fit Exercise	25 <b>8:30a: “Yoga” for Everybody</b> Book Folding 9a-11a Hand & Foot 9:30a-11:30a Bridge 12 -3:30pm 1pm—Domino	26 <b>CENTER CLOSED TODAY</b>	27
28	29 Exercise 7:45a-8:45a <b>Hand &amp; Foot 9:30a—1p</b> Mah Jong 1pm 2pm Sit & Be Fit Exercise	30 <b>8:30a: “Yoga” for Everybody</b> Ceramics 9am-11am Bridge 12 -3:30pm	31 Exercise 7:45a-8:45a <b>TaiChi 9:30a-10:30a</b> Dominoes 9:30-12pm Line Dancing 9:30-11:30 2pm Sit & Be Fit Exercise	August 1 <b>8:30a: “Yoga” for Everybody</b> Hand & Foot 9:30a-11:30a Bridge 12 -3:30pm 1pm—Dominos	August 2 Exercise 7:45a-8:45a <b>10a-12p Restorative Yoga Class</b>	August 3 