


July schedule

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 Coffee & bakery 9:30-11:30 Trivia Games (KPL) 11:30-12:30 Lunch 12:20 Yahtzee (KPL)	3 9:30 Coffee & baker 10:15-11:15 Herb Gardening Class \$5 11-2 Aging & Disability Specialist Satellite Office 11:30-12:30 Lunch	4 CLOSED 	5 9:30 Coffee & bakery 10:15-11:15 Rebus For You 11:30-12:30 Lunch	6 9:30 Coffee & bakery 10:30-11:15 Chair Yoga \$10 or \$50 per session 11:30-12:30 Salad bar lunch 12:30 Movie
9 9:30 Coffee & bakery 9:30-11:30 Adult Coloring (KPL) 11:30-12:30 Lunch 12:30 Painted Fruit Coaster(KPL)	10 9:30 Coffee & bakery 10:15-11:15 Guest Speaker- Michelle Dent, Travel Agent 11:30-12:30 Lunch 11-2 Aging & Disability Specialist Satellite Office	11 9:30 Coffee & bakery 10:30-11:15 Zumba Gold \$5 or \$25 per session 11:30-12:30 Lunch	12 9:30 Coffee & bakery 10:15-11:15 BINGO 11:30-12:30 Lunch 1-2:30 Craft by Nadia Meyer - Hand craft project \$10	13 9:30 Coffee & bakery 10:30-11:15 Chair Yoga \$10 or \$50 per session 11:30-12:30 Salad bar lunch 12:30-2:30 Chair or foot massage \$5 - 10 minutes session
16 9:30 Coffee & bakery 9:30-11:45 Card Making Project \$10 9:30-11:30 Giant Crossword Puzzle (KPL) 11:30-12:30 Lunch 12:30 movie "The Choice" (based on the Nicholas Sparks book represented by KPL)	17 9:30 Coffee & bakery 11:00-11:30 Art of Cooking Cooking Demo presented by Jennifer, Marina, & Brianna of ADRC	18 9:30 Coffee & bakery 10:30-11:15 Zumba Gold \$5 or \$25 per session 11:30-12:30 Lunch	19 9:30 Coffee & bakery 10:15-11:15 Cards 11:30-12:30 Lunch 1-4 Creative minds: Express Yourself with Tatsiana O'Neil Paint IT class \$10	20 9:30 Coffee & bakery 10:30-11:15 Chair Yoga \$10 or \$50 per session 11:30-12:30 Salad bar lunch 12:30 Movie
23 9:30 Coffee & bakery 10:30-11:15 Guest Speaker - Amy Laundrie (KPL) 11:30-12:30 Lunch 12:30 Writing workshop (KPL)	24 9:30 Coffee & bakery 10:15-11:15 Herbal Teas for Wellness class \$5 11:30-12:30 Lunch	25 9:30 Coffee & bakery 10:30-11:15 Dominoes game 11:30-12:30 Lunch 12:30-2:30 Chair massage \$5 - 10 minutes session	26 9:30 Coffee & bakery 10:15-11:15 BINGO 11:30-12:30 Lunch	27 9:30 Coffee & bakery 10:30-11:15 Chair Yoga \$10 or \$50 per session 11:30-12:30 Salad Bar lunch 12:30 Movie
30 9:30 Coffee & bakery 9:30-11:30 Dice Games(KPL) 11:30-12:30 Lunch 12:30-2:30 Dice Games (KPL)	31 9:30 Coffee & bakery 10:00-11:00 Chair Massage \$5 10 minutes session 11:30-12:30 Lunch 11-2 Aging & Disability Specialist Satellite Office			

Activities are subject to change on occasion .

- ♦ **“Express Yourself” by Tatsiana O’Neil Paint IT class.** Everything you need to complete a painting .
Sign up for this class by phone or in person. **\$10**
- ♦ **Craft by Nadia Meyer .** All material included. Hand crafting class.
Sign up for this class by phone or in person **\$10**
- ♦ **Card Making Class by Maday.** All material included. Sign up for this class by phone or in person **\$10**
- ♦ **Chair Yoga by Andrea Henry** 6 weeks session **\$10** per class OR **\$50** per 6 weeks session.
- ♦ **Zumba Gold by Erika Gerhardt** Low impact activity , 6 weeks session,
\$5 per class OR **\$25** per 6 weeks session.
- ♦ **Chair massage or foot massage by Mary Karls** 10 minutes session **\$5** Sign up for this by phone or in person
- ♦ **Mini session Chair Back massage by Katy Carter** 10 minutes session **\$5** Sign up for this by phone or in person.
- ♦ **“Simple Herbal Teas for Health and Wellness”**
presented by Four Elements Organic Herbals, Jane Stevens **\$5**
- ♦ **Guest speaker Michelle Dent**– Travel agent guided tours, cruises, etc.
- ♦ **ART OF COOKING** presented by ADRC , Jennifer Kamrowski and Marina Wittmann
- ♦ **Herb Gardening Class** presented by ADRC Marina Voronecky. All material included **\$5**
- ♦ Mondays are activities with KPL - Kilbourn Public Library

Transportation to/from “Senior Gathering Center”

for Lake Delton and Wisconsin Dells residents are available, CALL FOR DETAILS 608-355-3278