

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



July 2023

Frank G Murray Community Center

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| <div></div> <h1>July 2023</h1> <h2>Frank G Murray Community Center</h2> | | | | Canada Day | | | | | | | | | |
| 2 | <div><div>*9am-3pm- Tax Commissioner's Office-by appt (B)</div><div>10am- Bingo</div></div> | 3 | HOLIDAY | | 4 | <div><div>*9am-3pm- Tax Commissioner's Office</div><div>8:30am- Walkie Talkies</div><div>9:45am- SPRY Mat</div><div>11am- Chair Dance</div><div>12:45pm- Sit & Be Fit</div><div>1:30-3pm- Community Art (B) *Mixed Media</div></div> <div>Independence Day (US)</div> | 5 | <div><div>9:30am- Qi Gong (video)</div><div>10:00am- Hula Hoops</div><div>1pm- Summer Sweets Cooking Class</div></div> | 6 | <div><div>9am-3pm- TECH HELP *drop in for mobile device assistance (RM C)</div><div>10am-2pm- ROCK PAINTING FUNSHOP (RM B) * drop in to paint a rock or 2, fun for all ages!</div></div> | 7 | | |
| 9 | <div><div>*9am-3pm- Tax Commissioner's Office-by appt (B)</div><div>10am- Bingo</div><div>*Thankyou, Edel Caregiver</div><div>1-3pm-Boardgame Society (C)</div><div>1-3pm- Island Kickers</div></div> | 10 | <div><div>8:30am- Walkie Talkies</div><div>12:15pm- Sewing Bees(B)</div><div>1:00-3p- Caregiver Support Group (C)</div></div> | 11 | <div><div>*9am-3pm- Tax Commissioner's Office</div><div>8:30am- Walkie Talkies</div><div>9:45am- SPRY Mat</div><div>11am- ZUMBA</div><div>12:45pm- Sit & Be Fit</div></div> | 12 | <div><div>9:00am- NEW Pop Up: Tai Chi w/ Ann</div><div>10:00am- Hula Hoops</div><div>1-3pm-Beginner Line Dance</div></div> | 13 | <div><div>9:45am- SPRY Chair+ Mat</div><div>11am- SPRY Chair only</div></div> | 14 | | | |
| <div><div></div><div>All Week</div></div> | | 17 | <div><div>*9am-3pm- Tax Commissioner's Office-by appt (B)</div><div>10am- Bingo</div><div>*Thankyou, Pilot Club</div><div>11:15am- Lunch Bunch</div></div> | 18 | <div><div>8:30am- Walkie Talkies</div><div>12:30pm-Self Defense Demo</div><div>1:00pm-Positive Energy Art Party</div><div>2pm-Tight &Tone</div></div> | 19 | <div><div>*9am-3pm- Tax Commissioner's Office</div><div>8:30am- Walkie Talkies</div><div>9:45am- Body Groove</div><div>11am- ZUMBA</div><div>12:45pm- Sit & Be Fit</div><div>1:30-3pm- Community Art (B) *Painting Party</div></div> | 20 | <div><div>9:30am- Qi Gong (video)</div><div>10:00am- Hula Hoops</div><div>10:00am- ZUMBINI (B)</div><div>12pm-Formal Cruise Lunch</div><div>1-3pm-Beginner Line Dance</div></div> | 21 | <div><div>9:45am- SPRY Chair+ Mat</div><div>11am- SPRY Chair only</div><div>12:30pm- Ice Cream Social</div><div>1pm- Matinee Movie</div></div> | 22 | Private Rental |
| 23 | <div><div>*9am-3pm- Tax Commissioner's Office-by appt (B)</div><div>10am- Bingo</div><div>1-3pm-Boardgame Society (C)</div><div>1-3pm- Island Kickers</div><div>*August Registration begins*</div></div> | 24 | <div><div>8:30am- Walkie Talkies</div><div>12:15pm- Sewing Bees(B)</div><div>2pm-Tight &Tone</div></div> | 25 | <div><div>*9am-3pm- Tax Commissioner's Office</div><div>8:30am- Walkie Talkies</div><div>9:45am- SPRY Mat</div><div>11am- ZUMBA</div><div>12:45pm- Sit & Be Fit</div></div> | 26 | <div><div>9:30am- Qi Gong (video)</div><div>10:00am- ZUMBINI (B)</div><div>10:00am- Hula Hoops</div><div>6:30pm- GLOW IN THE DARK Teen Cardio Dance Class</div></div> | 27 | <div><div>9:45am- SPRY Chair+ Mat</div><div>11am- SPRY Chair only</div><div>5:00-8pm- ZUMBATHON</div></div> | 28 | Private Rental | | |
| 30 | <div><div>*9am-3pm- Tax Commissioner's Office-by appt (B)</div><div>9:30am- Wellness Talk w/ Memorial Health</div><div>10am- Bingo</div></div> | 31 | <div><div>All programs are in Room A unless specified (B) or (C)</div><div><div></div><div></div><div><p>Your understanding of a place changes the longer you stay; you discover more, and your own life gets woven into the fabric of the community.</p><p>Kim Edwards</p></div></div></div> | | | | | | | | | | |