



Can you believe it? It's July, and the heat is on! Enjoy these summer months, they go by so quickly! Here you will learn more about all that's happening at the center during the month of July and beyond!

Join us when you can, and don't forget to invite friends!

Thanks as always for making our center a fun place to be! YOU make the difference!

★ Our next Monthly Luncheon is July 3rd at NOON at Wiesemeyer. We have Dave Sheppard entertaining. We are serving bratwurst on a bun, baked beans, macaroni salad, potato chips and dessert. \$10 at the door. RSVP IS VERY IMPORTANT! If you RSVP'd and can no longer make it, PLEASE call the center at 618.667.2022 and let us know! Many Thanks!

★ Our next Live and Learn is July 24th at 1 PM at Wiesemeyer. We have the Troy Police K9 officers back to demonstrate their amazing talents in keeping our community safe. RSVP is appreciated. Call the center 618.667.2022

★ Drum Fun is on hold for now. We are in search of a Drum Fun leader. We drum on Friday mornings at 9 am in the lower level of the Wiesemeyer building.

★ Bingo continues every Monday at 12:30 at Wiesemeyer. We'll have a light snack and there is no cost to play, and no RSVP required.

★ We play Hand and Foot the second and third Thursdays of the month. In July we will play on the 10th and 17th from 12:45 – 3:30 pm at the office building. No experience needed! Free to play.

★ Our Sit n Get Fit Class meets every Wednesday at 10 AM at the office. This class improves strength and flexibility, all in a fun inviting setting! Bring a friend for this seated exercise class! Weights, exercise bands and water are provided. **THIS CLASS IS FREE!** No RSVP required.

★ Pokeno is Wed. July 16th at 12:30 at Wiesemeyer. We'll serve a light snack, and there is no cost to play. No RSVP required. Cambridge House will be providing snacks for all of 2025! **THANK YOU TO ANGIE at CAMBRIDGE HOUSE IN MARYVILLE!**