

Gunning Park Rose Center

July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Please make your weekly meal and or transportation reservation by Wednesday's before 10:00 am. Thank you!	1 9:30 Pinochle 9:30 Toast on Tuesday 10:00 Yarn Group 11:30 Lunch	2 10:00 Fitness Fusion 10:00 Volleyball 11:30 Lunch 12:00 Line Dancing	3 EMS Screening 9:30 Pinochle 10:15 Tai Chi for Arthritis 11:30 Lunch	4th of July 
7 10:00 Cardio Line Dance 11:30 Lunch 12:30 Bingo or Mind Your Memory	8 10:00 Music Bingo 11:30 Lunch 12:00 Fresh Flowers Arrangement	9 10:00 Fitness Fusion 10:00 Volleyball 11:30 Lunch 12:00 Line Dancing	10 9:30 Pinochle 10:15 Tai Chi for Arthritis 11:30 Lunch	11 Special Trip Edgewater Park 11:30 Lunch 12:30 Bingo or Movie Matinee
14 10:00 Zumba 11:30 Lunch 12:30 Bingo or Mind Your Memory	15 9:30 Pinochle 9:30 Tap Time 9:30 Toast on Tuesday 11:30 Lunch	16 10:00 Healthy Cooking Class 10:00 Fitness Fusion 10:00 Volleyball 11:30 Lunch 12:00 Line Dancing	17 9:30 Pinochle 10:15 Tai Chi for Arthritis 11:30 Lunch	18 9:30 Walking 10:00 Young Art Center 11:30 Lunch 12:30 Bingo or Friday Feud
21 10:00 Cardio Line Dance 11:30 Lunch 12:30 Bingo or Mind Your Memory	22 9:30 Pinochle 10:00 Yarn Group 10:00 Seated Rhythm 11:30 Lunch	23 9:30 Food Box 10:00 Fitness Fusion 10:00 Volleyball 11:30 Lunch 12:00 Line Dancing	24 9:30 Pinochle 10:15 Tai Chi for Arthritis 11:30 Lunch	25 9:30 Walking Special Trip Sweeties Golfland 11:30 Lunch
28 10:00 Zumba 11:30 Lunch 12:30 Bingo or Mind Your Memory	29 9:30 Pinochle 9:30 Toast on Tuesday 11:30 Lunch	30 9:30 Waffle Wednesday 10:00 Fitness Fusion 10:00 Volleyball 11:30 Lunch 12:00 Line Dancing	31 9:30 Pinochle 10:15 Tai Chi for Arthritis 11:30 Lunch	