



July



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 Better Balance 10-11 Lunch 12:00 Bridge 1-4 Sewing Circle 1-3 Dance for Health 4:15-5:15	3 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 Line Dance 12:00-1:00 Lunch 12:00 Dominoes 1:00 Tai Chi Practice 1:30-3 Quit Smoking 5-6 Ballroom Dance 7:00	4 Closed 	5 Bone Builders 9:30-10:30 Learn to Knit 9:30-11 Tai Chi Practice 10:45-11:30	6 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00 Ballroom Dance 7:30-8:30	7
8	9 SCAMP Better Balance 10-11 Knitter's Network 10-11:00 Lunch 12:00 Bridge 1-4 Sewing Circle 1-3 NO Dance for Health	10 SCAMP Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 Line Dance 12:00-1:00 Lunch 12:00 Dominoes 1:00 Tai Chi Practice 1:30-3 Quit Smoking 5-6 Ballroom Dance 7:00	11 SCAMP Kayak Club Yoga 8:30-9:45 Better Balance 10:00-11:00 Lunch 12:00 Tai Chi Level 2/3 1:30-2:30 Tai Chi Beginner 2:30-3:30	12 SCAMP Bone Builders 9:30-10:30 Learn to Knit 9:30-11 Tai Chi Practice 10:45-11:30	13 SCAMP Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00 Ballroom Dance 7:30-8:30	14
15	16 SCAMP Better Balance 10-11 Lunch 12:00 Bridge 1-4 Sewing Circle 1-3 NO Dance for Health	17 SCAMP Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 SASH 11:00 "Safety on the Street" Lunch 12:00 Line Dance 12:00-1:00 Dominoes 1:00 Tai Chi Practice 1:30-3 Quit Smoking 5-6 Ballroom Dance 7:00	18 SCAMP Kayak Club Yoga 8:30-9:45 Better Balance 10:00-11:00 Birthdays Lunch 12:00 Tai Chi Level 2/3 1:30-2:30 Tai Chi Beginner 2:30-3:30	19 SCAMP Bone Builders 9:30-10:30 Learn to Knit 9:30-11 Tai Chi Practice 10:45-11:30 Tai Chi at the Lake 5:15-6:00	20 SCAMP Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00 Ballroom Dance 7:30-8:30	21
22	23 SCAMP Better Balance 10-11 Knitter's Network 10-11:00 Lunch 12:00 Bridge 1-4 Sewing Circle 1-3 Dance for Health 4:15-5:15 SUNDAES & SONATAS 7:00	24 SCAMP Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 Lunch 12:00 Line Dance 12:00-1:00 Dominoes 1:00 Tai Chi Practice 1:30-3 Quit Smoking 5-6 Ballroom Dance 7:00 Castleton Concert 50/50 7:00-8:00	25 SCAMP Kayak Club Yoga 8:30-9:45 Better Balance 10:00-11:00 Lunch 12:00 Tai Chi Level 2 1:30-2:30 Tai Chi Beginner 2:30-3:30	26 SCAMP Bone Builders 9:30-10:30 Learn to Knit 9:30-11 Tai Chi Practice 10:45-11:30	27 SCAMP Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00 Ballroom Dance 7:30-8:30	28
29	30 SCAMP Better Balance 10-11 Lunch 12:00 Bridge 1-4 Sewing Circle 1-3 Dance for Health 4:15-5:15	31 SCAMP Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 Lunch 12:00 Line Dance 12:00-1:00 Dominoes 1:00 Tai Chi Practice 1:30-3 Quit Smoking 5-6 Ballroom Dance 7:00				