

# July



Collier Senior Center  
**GOLDEN GATE**  
 vibrant • diverse • caring

# 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11:00 am Chair Yoga 12:00 pm Hot Lunch 1:00 pm English Class	2 9:00 am Senior Fitness 10:30 am Painting Class 12:00 pm Hot Lunch 1:00 pm Bone Building Exercises	3 10:00 am 4 <sup>th</sup> of July Celebration 12:00 pm Hot Lunch 1:00 pm English Class	4 <b>CENTER IS CLOSED</b>	5 12:00 pm Hot Lunch 12:30 pm Bingo 12:30 pm Dr. Denise Aging Gracefully	6
7	8 11:00 am Chair Yoga 12:00 pm Hot Lunch 1:00 pm English Class	9 9:00 am Senior Fitness 10:30 am Painting Class 12:00 pm Hot Lunch 1:00 pm Bone Building Exercises	10 10:30 am UPSLIDE Bilingual 12:00 pm Hot Lunch 1:00 pm English Class	11 9:00 am Senior Fitness 9:45 am Art and Craft 11:15 am Zumba 12:00 pm Hot Lunch	12 9:30 am Massage day 10:00 am Summer Movie 12:00 pm Hot Lunch 12:30 pm Bingo 12:30 pm Dr. Denise Aging Gracefully	13
14	15 12:00 pm Dr Juan COPD 12:00 pm Hot Lunch 1:00 pm English Class	16 9:00 am Senior Fitness 10:30 am Painting Class 12:00 pm Hot Lunch 1:00 pm Bone Building Exercises	17 10:30 am UPSLIDE Bilingual 12:00 pm Hot Lunch 1:00 pm English Class	18 9:00 am Senior Fitness 9:45 am Art and Craft 11:15 am No Zumba 12:00 pm Hot Lunch.	19 10:00 am Summer Movie 12:00pm Hot Lunch 12:30 pm Bingo	20
21	22 10:00 am FGCU Research 11:00 am Chair Yoga 12:00 pm Hot Lunch 1:00 pm English Class	23 9:00 am Senior Fitness 10:30 am Painting Class 12:00 pm Hot Lunch 1:00 pm Bone Building Exercises	24 10:30 am UPSLIDE Bilingual 12:00 pm Hot Lunch 1:00 pm English Class	25 9:00 am Senior Fitness 11:15 am No Zumba 12:00 pm Hot Lunch 12:45 pm EHEAP	26 11:00 Am Bingo 12:00pm Hot Lunch 12:30 Birthday Celebration	27
28	29 11:00 am Chair Yoga 12:00 pm Hot Lunch 1:00 pm English Class	30 9:00 am Senior Fitness 10:30 am Painting Class 12:00 pm Hot Lunch 1:00 pm Bone Building Exercises	31 10:30 am UPSLIDE Bilingual 12:00 pm Hot lunch 1:00 pm English Class			