Florence-Firestone Senior Activity Calendar

July 2007

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:00 Fitness Training 8:30 Breakfast 9:00 HealthCare Screening Enhance - FNMS 10:00 Compton/Nadeau Social Club Meeting 11:30 Lunch	**3** 8:00 Fitness Training 8:30 Breakfast 9:30 Soft Music, Pool Table 4th of July Celebration 10:00 Bingo 11:30 Lunch	**4** 8:00 Fitness Training 8:30 Breakfast 9:30 Soft Music, Movies 10:00 **Health & Social Services Alta Med Association** 11:30 Lunch	**5** 8:00 Fitness Training 8:30 Breakfast 9:00 Soft Music, Pool, Table, or Dominoes 10:00 Bingo 11: 00 Principles of Health & Nutrition Los Angeles Unified School District 11:30 Lunch	**6** 8:00 Fitness Training 8:30 Breakfast 10:00 Easter Celebration 11:30 Florence/Graham Library Mobil Reading Program 11:30 Lunch
9 8:00 Fitness Training 8:30 Breakfast 9:00 HealthCare Screening Enhance - FNMS 10:00 Movies 11:30 Lunch	**10** 8:00 Fitness Training 8:30 Breakfast 9:30 Soft Music, Pool Table, 10:00 Bingo and Card Games 11:30 Lunch	**11** 8:30 Breakfast 9:30 Soft Music Movies 10:00 Educational Presentation BHS Take charge of you and your Health 11:30 Lunch	**12** 8:00 Fitness Training 8:30 Breakfast 9:00 Soft Music, Pool table, or Dominoes 10:00 **Bingo** 11: 00 Principles of Health & Nutrition Los Angeles Unified School District 11:30 Lunch	**13** 8:00 Fitness Training 8:30 Breakfast 10:00 Dancing 11:30 Florence/Graham Library Mobil Reading Program 11:30 Lunch
16 8:00 Fitness Training 8:30 Breakfast 9:00 HealthCare Screening Enhance - FNMS 10:00 Movies 11:30 Lunch	**17** 8:00 Fitness Training 8:30 Breakfast 9:30 Soft Music, Pool Table 10:00 Bingo & Dominoes 11:30 Lunch	**18** 8:00 Fitness Training 8:30 Breakfast 9:30 Soft Music, Movie 10:00 **Educational Presentation (Health, Fraud, Gov. Benefits, etc.)** 11:00 **Senior Outside Event** 11:30 Lunch	**19** 8:00 Fitness Training 8:30 Breakfast 9:00 Soft Music, Pool Table, or Dominoes 10:00 Bingo 11: 00 Principles of Health & Nutrition Los Angeles Unified School District 11:30 Lunch	**20** 8:00 Fitness Training 8:30 Breakfast 10:00 Dancing 11:30 Florence/Graham Library Mobil Reading Program 11:30 Lunch
23 8:00 Fitness Training 8:30 Breakfast 9:00 HealthCare Screening Enhance - FNMS 10:00 Movies 11:30 Lunch	**24** 8:00 Fitness Training 8:30 Breakfast 9:30 Soft Music, Pool Table 10:00 Bingo, Card Games & Dominoes 11:30 Lunch 12:00 Soft Music	**25** 8:00 Fitness Training 8:30 Breakfast 9:30 Soft Music, Movie 10:00 **Educational Presentation (Health, Fraud, Gov. Benefits, etc.)** 11:30 Lunch	**26** 8:00 Fitness Training 8:30 Breakfast 9:00 Soft Music, Pool Table, or Dominoes 10:00 Bingo 11: 00 Principles of Health & Nutrition Los Angeles Unified School District 11:30 Lunch	**27** 8:00 Fitness Training 8:30 Breakfast 10:00 Dancing, Pool Table and more 11:30 Florence/Graham Library Mobil Reading Program 11:30 Lunch
30 8:00 Fitness Training 8:30 Breakfast 9:00 HealthCare Screening Enhance- FNMS 10:00 Movies 11:30 Lunch	**31** 8:00 Fitness Training 8:30 Breakfast 9:30 Soft Music, Pool Table 10:00 Bingo, Card Games & Dominoes 11:30 Lunch 12:00 Soft Music	**Happy Birthday**	**Juneteeth Celebration July 19, 2007**	**Hot Nutritious Meals for Senior Citizens 60 years of age, and older** **Suggested Donation $1.00**