



# Passmore Center Activity Calendar

**July 2019**

**Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday**

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	<p><b>8:00am - 8:00pm</b> Volunteer Connect 55+</p> <p><b>8:45am - 9:45am</b> Pacesetter Class</p> <p><b>10:00am - 10:50am</b> Aerobics</p> <p><b>10:00am - 11:30am</b> Project EngAGE</p> <p><b>10:00am - 11:30am</b> Jolly 79ers Club</p> <p><b>10:00am - 10:50am</b> Gentle Joy of Yoga-July</p> <p><b>10:30am - 12:30pm</b> American Sign Language II</p> <p><b>11:00am - 11:45am</b> Silver Sneakers-Mondays an</p> <p><b>12:00pm - 12:30pm</b> Birthday Party-July</p> <p><b>12:30pm - 4:00pm</b> Contract Bridge</p> <p><b>12:45pm - 1:45pm</b> Americian Sign Language III</p> <p><b>1:00pm - 4:00pm</b> Hand &amp; Foot Card Game</p> <p><b>2:00pm - 2:45pm</b> Line Dance Beginners</p> <p><b>2:00pm - 4:00pm</b> American Sign Language I</p> <p><b>3:00pm - 4:30pm</b> Line Dance-Mondays</p> <p><b>3:00pm - 4:00pm</b> Art Show Reception</p> <p><b>3:00pm - 5:00pm</b> Moving Forward Live AFG</p>	<p><b>8:00am - 8:00pm</b> Volunteer Connect 55+</p> <p><b>9:00am - 10:00am</b> Tap Dance-Beginners</p> <p><b>10:00am - 11:15am</b> Strong and Steady</p> <p><b>10:00am - 11:00am</b> Inspirational Topics</p> <p><b>10:00am - 1:00pm</b> Passmore Piece Makers Quil</p> <p><b>10:00am - 11:00am</b> Tap Dance-Intermediate</p> <p><b>12:30pm - 4:00pm</b> Mah Jong</p> <p><b>12:30pm - 5:00pm</b> Acupuncture</p> <p><b>1:00pm - 4:00pm</b> Hand &amp; Foot Card Game</p> <p><b>1:00pm - 2:30pm</b> Line Dance-Tuesday</p> <p><b>3:30pm - 5:00pm</b> Project EngAGE-SALT</p>	<p><b>8:00am - 8:00pm</b> Volunteer Connect 55+</p> <p><b>8:45am - 9:45am</b> Pacesetter Class</p> <p><b>9:00am - 11:00am</b> Leatherworks</p> <p><b>10:00am - 10:50am</b> Aerobics</p> <p><b>10:30am - 12:00pm</b> Nifty Knitters</p> <p><b>11:00am - 11:45am</b> Silver Sneakers-Mondays an</p> <p><b>11:15am - 12:00pm</b> Salli's Seated Workout</p> <p><b>12:30pm - 4:00pm</b> Contract Bridge</p> <p><b>12:30pm - 2:30pm</b> Beginning Pottery Wed Jun 1</p> <p><b>1:00pm - 4:00pm</b> Hand &amp; Foot Card Game</p> <p><b>1:00pm - 4:00pm</b> Wood Carving Club</p> <p><b>2:00pm - 5:00pm</b> Pickle Ball-Wed and Fri</p> <p><b>3:00pm - 5:00pm</b> Oil Painting Studio</p> <p><b>4:00pm - 6:00pm</b> Sew What Sewing Group</p>	<p><b>8:00am - 8:00pm</b> Volunteer Connect 55+</p> <p><b>9:30am - 11:30am</b> Blood pressure check</p> <p><b>10:00am - 11:15am</b> Strong and Steady</p> <p><b>10:00am - 1:00pm</b> Creative Crafters</p> <p><b>10:00am - 11:30am</b> Hillsb. Garden Club</p> <p><b>10:00am - 10:50am</b> Gentle Joy of Yoga-July</p> <p><b>1:00pm - 4:00pm</b> Hand &amp; Foot Card Game</p> <p><b>1:00pm - 5:00pm</b> SHIIP</p> <p><b>2:00pm - 3:30pm</b> Retirement for Boomers</p> <p><b>3:30pm - 4:30pm</b> Laughter Yoga</p> <p><b>6:00pm - 8:00pm</b> Moving Forward Live AFG</p>	<p><b>8:00am - 8:00pm</b> Volunteer Connect 55+</p> <p><b>8:00am - 11:00am</b> Table Tennis</p> <p><b>10:00am - 1:00pm</b> Open Artist Studio/Crochet a</p> <p><b>11:00am - 11:45am</b> Silver Sneakers Strength Fri</p> <p><b>12:30pm - 4:00pm</b> Contract Bridge</p> <p><b>12:30pm - 4:00pm</b> Mah Jong</p> <p><b>1:00pm - 4:00pm</b> Hand &amp; Foot Card Game</p> <p><b>2:00pm - 5:00pm</b> Pickle Ball-Wed and Fri</p> <p><b>3:00pm - 4:00pm</b> Build Your Own Ice Cream S</p>	<p><b>8:00am - 8:00pm</b> Volunteer Connect 55+</p> <p><b>8:00am - 1:00pm</b> Yard Sale</p>

Activities are subject to change. Please contact the Passmore Center at (919) 245-2015 prior to the even or activity to verify that there have been no program changes.

# Passmore Center Activity Calendar

## July 2019 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

	<i>(Continued)</i> <b>1</b> <b>3:00pm - 5:00pm</b> Oil Painting  <b>4:00pm - 7:00pm</b> SHIIP  <b>4:30pm - 6:00pm</b> Tarheel Depression Glass Cl  <b>4:30pm - 5:30pm</b> Tai Chi -Chen-July  <b>5:30pm - 8:00pm</b> Dinner with David  <b>5:30pm - 8:00pm</b> Cooking and Dinner with Dav  <b>6:00pm - 6:50pm</b> Tai Chi Wu/Hao-July  <b>6:00pm - 8:00pm</b> Pottery Class-Eve Jun 10-Jul	<i>(Continued)</i> <b>2</b>	<i>(Continued)</i> <b>3</b>	<i>(Continued)</i> <b>4</b>	<i>(Continued)</i> <b>5</b>	<i>(Continued)</i> <b>6</b>
<b>7</b> <b>8:00am - 8:00pm</b> Volunteer Connect 55+	<b>8</b> <b>8:00am - 8:00pm</b> Volunteer Connect 55+  <b>8:45am - 9:45am</b> Pacesetter Class  <b>10:00am - 10:50am</b> Aerobics  <b>10:00am - 10:50am</b> Gentle Joy of Yoga-July  <b>10:30am - 12:30pm</b> American Sign Language II  <b>11:00am - 11:45am</b> Silver Sneakers-Mondays an  <b>12:30pm - 4:00pm</b> Contract Bridge  <b>12:45pm - 1:45pm</b> Americian Sign Language III	<b>9</b> <b>8:00am - 8:00pm</b> Volunteer Connect 55+  <b>9:00am - 10:00am</b> Tap Dance-Beginners  <b>10:00am - 11:15am</b> Strong and Steady  <b>10:00am - 11:00am</b> Inspirational Topics  <b>10:00am - 1:00pm</b> Passmore Piece Makers Quil  <b>10:00am - 11:00am</b> Tap Dance-Intermediate  <b>11:00am - 12:30pm</b> True Movement  <b>12:30pm - 4:00pm</b> Mah Jong	<b>10</b> <b>8:00am - 8:00pm</b> Volunteer Connect 55+  <b>8:45am - 9:45am</b> Pacesetter Class  <b>9:00am - 11:00am</b> Leatherworks  <b>9:00am - 4:00pm</b> Fit Feet-July  <b>10:00am - 10:50am</b> Aerobics  <b>10:30am - 12:00pm</b> Nifty Knitters  <b>11:00am - 11:45am</b> Silver Sneakers-Mondays an  <b>11:15am - 12:00pm</b> Salli's Seated Workout	<b>11</b> <b>8:00am - 8:00pm</b> Volunteer Connect 55+  <b>9:30am - 11:30am</b> Blood pressure check  <b>10:00am - 11:15am</b> Strong and Steady  <b>10:00am - 1:00pm</b> Creative Crafters  <b>10:00am - 10:50am</b> Gentle Joy of Yoga-July  <b>11:00am - 1:00pm</b> Table Tennis  <b>1:00pm - 4:00pm</b> Hand & Foot Card Game  <b>1:00pm - 2:30pm</b> Caregiver's Support	<b>12</b> <b>8:00am - 8:00pm</b> Volunteer Connect 55+  <b>8:00am - 11:00am</b> Table Tennis  <b>9:00am - 4:00pm</b> Physical Function Screen-Jul  <b>10:00am - 1:00pm</b> Open Artist Studio/Crochet a  <b>11:00am - 11:45am</b> Silver Sneakers Strength Fri  <b>12:30pm - 4:00pm</b> Contract Bridge  <b>12:30pm - 4:00pm</b> Mah Jong  <b>1:00pm - 4:00pm</b> Hand & Foot Card Game	<b>13</b> <b>8:00am - 8:00pm</b> Volunteer Connect 55+

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# Passmore Center Activity Calendar

## July 2019 (Continued)

**Sunday**                      **Monday**                      **Tuesday**                      **Wednesday**                      **Thursday**                      **Friday**                      **Saturday**

<p><i>(Continued)</i> <span style="float: right;">7</span></p>	<p><i>(Continued)</i> <span style="float: right;">8</span></p> <p><b>1:00pm - 4:00pm</b> Hand &amp; Foot Card Game</p> <p><b>2:00pm - 2:45pm</b> Line Dance Beginners</p> <p><b>2:00pm - 4:00pm</b> American Sign Language I</p> <p><b>3:00pm - 4:30pm</b> Line Dance-Mondays</p> <p><b>3:00pm - 5:00pm</b> Moving Forward Live AFG</p> <p><b>3:00pm - 5:00pm</b> Oil Painting</p> <p><b>4:00pm - 7:00pm</b> SHIIP</p> <p><b>4:30pm - 5:30pm</b> Tai Chi -Chen-July</p> <p><b>5:30pm - 8:00pm</b> Dinner with David</p> <p><b>5:30pm - 8:00pm</b> Cooking and Dinner with Dav</p> <p><b>6:00pm - 6:50pm</b> Tai Chi Wu/Hao-July</p> <p><b>6:00pm - 8:00pm</b> Pottery Class-Eve Jul 8-29</p>	<p><i>(Continued)</i> <span style="float: right;">9</span></p> <p><b>12:30pm - 5:00pm</b> Acupuncture</p> <p><b>1:00pm - 4:00pm</b> Hand &amp; Foot Card Game</p> <p><b>1:00pm - 2:30pm</b> Line Dance-Tuesday</p> <p><b>2:00pm - 3:30pm</b> Acrylic Painting</p> <p><b>6:00pm - 8:00pm</b> Nimble Thimbles</p>	<p><i>(Continued)</i> <span style="float: right;">10</span></p> <p><b>12:30pm - 4:00pm</b> Contract Bridge</p> <p><b>12:30pm - 2:30pm</b> Beginning Pottery Wed Jun 1</p> <p><b>1:00pm - 4:00pm</b> Hand &amp; Foot Card Game</p> <p><b>1:00pm - 4:00pm</b> Wood Carving Club</p> <p><b>2:00pm - 5:00pm</b> Pickle Ball-Wed and Fri</p> <p><b>3:00pm - 5:00pm</b> Oil Painting Studio</p> <p><b>4:00pm - 6:00pm</b> Sew What Sewing Group</p>	<p><i>(Continued)</i> <span style="float: right;">11</span></p> <p><b>1:00pm - 5:00pm</b> SHIIP</p> <p><b>1:00pm - 4:30pm</b> Let's Play Nice Red Worksho</p> <p><b>1:30pm - 4:00pm</b> Movies for the Young at Hea</p> <p><b>1:30pm - 3:30pm</b> Advanced Watercolor</p> <p><b>2:00pm - 3:30pm</b> Retirement for Boomers</p> <p><b>3:30pm - 4:30pm</b> Laughter Yoga</p> <p><b>4:00pm - 5:30pm</b> Fused Glass</p> <p><b>5:00pm - 8:00pm</b> Trivia Night</p> <p><b>5:30pm - 7:30pm</b> Beginning Watercolor</p> <p><b>6:00pm - 8:00pm</b> Moving Forward Live AFG</p>	<p><i>(Continued)</i> <span style="float: right;">12</span></p> <p><b>1:00pm - 4:30pm</b> Let's Play Nice Blue Worksh</p> <p><b>2:00pm - 5:00pm</b> Pickle Ball-Wed and Fri</p>	<p><i>(Continued)</i> <span style="float: right;">13</span></p>
<p><b>8:00am - 8:00pm</b> <span style="float: right;">14</span> Volunteer Connect 55+</p>	<p><b>8:00am - 8:00pm</b> <span style="float: right;">15</span> Volunteer Connect 55+</p> <p><b>8:45am - 9:45am</b> Pacesetter Class</p> <p><b>9:30am - 11:30am</b> Friends of Passmore</p> <p><b>10:00am - 10:50am</b> Aerobics</p>	<p><b>8:00am - 8:00pm</b> <span style="float: right;">16</span> Volunteer Connect 55+</p> <p><b>9:00am - 10:00am</b> Tap Dance-Beginners</p> <p><b>10:00am - 11:15am</b> Strong and Steady</p> <p><b>10:00am - 11:00am</b> Inspirational Topics</p>	<p><b>8:00am - 8:00pm</b> <span style="float: right;">17</span> Volunteer Connect 55+</p> <p><b>8:45am - 9:45am</b> Pacesetter Class</p> <p><b>9:00am - 11:00am</b> Leatherworks</p> <p><b>10:00am - 10:50am</b> Aerobics</p>	<p><b>8:00am - 8:00pm</b> <span style="float: right;">18</span> Volunteer Connect 55+</p> <p><b>9:00am - 11:00am</b> Staff Meeting</p> <p><b>9:30am - 11:30am</b> Blood pressure check</p> <p><b>10:00am - 11:15am</b> Strong and Steady</p>	<p><b>8:00am - 8:00pm</b> <span style="float: right;">19</span> Volunteer Connect 55+</p> <p><b>8:00am - 11:00am</b> Table Tennis</p> <p><b>9:00am - 4:00pm</b> Physical Function Screen-Jul</p> <p><b>10:00am - 1:00pm</b> Open Artist Studio/Crochet a</p>	<p><b>8:00am - 8:00pm</b> <span style="float: right;">20</span> Volunteer Connect 55+</p>

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# Passmore Center Activity Calendar

## July 2019 (Continued)

**Sunday**                      **Monday**                      **Tuesday**                      **Wednesday**                      **Thursday**                      **Friday**                      **Saturday**

(Continued)	14	(Continued)	15	(Continued)	16	(Continued)	17	(Continued)	18	(Continued)	19	(Continued)	20
		10:00am - 10:50am Gentle Joy of Yoga-July		10:00am - 1:00pm Passmore Piece Makers Quil		10:00am - 11:00am Assist w/Wheelchair		10:00am - 1:00pm Creative Crafters		11:00am - 11:45am Silver Sneakers Strength Fri			
		10:30am - 12:30pm American Sign Language II		10:00am - 11:00am Tap Dance-Intermediate		10:30am - 12:00pm Nifty Knitters		10:00am - 10:50am Gentle Joy of Yoga-July		12:30pm - 4:00pm Contract Bridge			
		11:00am - 11:45am Silver Sneakers-Mondays an		11:00am - 12:30pm True Movement		11:00am - 11:45am Silver Sneakers-Mondays an		11:00am - 1:00pm Table Tennis		12:30pm - 4:00pm Mah Jong			
		12:30pm - 4:00pm Contract Bridge		12:30pm - 4:00pm Mah Jong		11:15am - 12:00pm Salli's Seated Workout		1:00pm - 4:00pm Hand & Foot Card Game		1:00pm - 4:00pm Hand & Foot Card Game			
		12:45pm - 1:45pm Amercian Sign Language III		12:30pm - 5:00pm Acupuncture		12:30pm - 4:00pm Contract Bridge		1:00pm - 5:00pm SHIIP		2:00pm - 5:00pm Pickle Ball-Wed and Fri			
		1:00pm - 4:00pm Hand & Foot Card Game		1:00pm - 4:00pm Hand & Foot Card Game		12:30pm - 2:30pm Beginning Pottery Wed Jul 1		1:00pm - 2:00pm Stroke Support Group					
		2:00pm - 2:45pm Line Dance Beginners		1:00pm - 2:30pm Line Dance-Tuesday		1:00pm - 4:00pm Hand & Foot Card Game		1:30pm - 3:30pm Advanced Watercolor					
		2:00pm - 4:00pm American Sign Language I		2:00pm - 3:30pm Acrylic Painting		1:00pm - 4:00pm Wood Carving Club		2:00pm - 3:30pm Retirement for Boomers					
		3:00pm - 4:30pm Line Dance-Mondays		2:00pm - 3:00pm TED Talks-July		2:00pm - 5:00pm Pickle Ball-Wed and Fri		3:30pm - 4:30pm Laughter Yoga					
		3:00pm - 5:00pm Moving Forward Live AFG				3:00pm - 5:00pm Oil Painting Studio		4:00pm - 5:30pm Fused Glass					
		3:00pm - 5:00pm Oil Painting				4:00pm - 6:00pm Sew What Sewing Group		5:30pm - 7:30pm Beginning Watercolor					
		4:00pm - 7:00pm SHIIP						5:30pm - 7:00pm Toga Party Potluck					
		4:30pm - 5:30pm Tai Chi -Chen-July						6:00pm - 8:00pm Moving Forward Live AFG					
		5:00pm - 8:00pm NCCU Alumni Association											
		5:30pm - 8:00pm Dinner with David											
		5:30pm - 8:00pm Cooking and Dinner with Dav											
		6:00pm - 6:50pm Tai Chi Wu/Hao-July											

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# Passmore Center Activity Calendar

## July 2019 (Continued)

Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday

(Continued) 14	(Continued) 15	(Continued) 16	(Continued) 17	(Continued) 18	(Continued) 19	(Continued) 20
	6:00pm - 8:00pm Pottery Class-Eve Jul 8-29					
8:00am - 8:00pm Volunteer Connect 55+ 21	8:00am - 8:00pm Volunteer Connect 55+ 22	8:00am - 8:00pm Volunteer Connect 55+ 23	8:00am - 8:00pm Volunteer Connect 55+ 24	8:00am - 8:00pm Volunteer Connect 55+ 25	8:00am - 8:00pm Volunteer Connect 55+ 26	8:00am - 8:00pm Volunteer Connect 55+ 27
	8:45am - 9:45am Pacesetter Class	9:00am - 11:00am SEANC	8:45am - 9:45am Pacesetter Class	9:30am - 11:30am Blood pressure check	8:00am - 11:00am Table Tennis	
	10:00am - 10:50am Aerobics	9:00am - 10:00am Tap Dance-Beginners	8:45am - 10:00am Healthy Carolinians	10:00am - 11:15am Strong and Steady	10:00am - 1:00pm Open Artist Studio/Crochet a	
	10:00am - 10:50am Gentle Joy of Yoga-July	10:00am - 11:15am Strong and Steady	9:00am - 11:00am Leatherworks	10:00am - 10:50am Gentle Joy of Yoga-July	11:00am - 11:45am Silver Sneakers Strength Fri	
	10:30am - 12:30pm American Sign Language II	10:00am - 11:00am Inspirational Topics	9:00am - 4:00pm Fit Feet-July	10:00am - 11:00am Candlestick or Flower Vase	12:30pm - 4:00pm Contract Bridge	
	11:00am - 11:45am Silver Sneakers-Mondays an	10:00am - 1:00pm Passmore Piece Makers Quil	10:00am - 10:50am Aerobics	11:00am - 1:00pm Table Tennis	12:30pm - 4:00pm Mah Jong	
	12:30pm - 4:00pm Contract Bridge	10:00am - 11:00am Tap Dance-Intermediate	10:30am - 12:00pm Nifty Knitters	1:00pm - 4:00pm Hand & Foot Card Game	1:00pm - 4:00pm Hand & Foot Card Game	
	12:45pm - 1:45pm Americian Sign Language III	11:00am - 12:30pm True Movement	10:30am - 11:30am Book Club	1:00pm - 2:30pm Caregiver's Support	2:00pm - 5:00pm Pickle Ball-Wed and Fri	
	1:00pm - 4:00pm Hand & Foot Card Game	12:30pm - 4:00pm Mah Jong	11:00am - 11:45am Silver Sneakers-Mondays an	1:00pm - 5:00pm SHIIP		
	2:00pm - 2:45pm Line Dance Beginners	12:30pm - 5:00pm Acupuncture	11:15am - 12:00pm Salli's Seated Workout	1:30pm - 3:30pm Advanced Watercolor		
	2:00pm - 4:00pm American Sign Language I	1:00pm - 4:00pm Hand & Foot Card Game	12:30pm - 4:00pm Contract Bridge	2:00pm - 3:30pm Retirement for Boomers		
	3:00pm - 4:30pm Line Dance-Mondays	1:00pm - 2:30pm Line Dance-Tuesday	12:30pm - 2:30pm Beginning Pottery Wed Jul 1	3:30pm - 4:30pm Laughter Yoga		
	3:00pm - 5:00pm Moving Forward Live AFG	2:00pm - 3:30pm Acrylic Painting	1:00pm - 4:00pm Hand & Foot Card Game	4:00pm - 5:30pm Fused Glass		
	3:00pm - 5:00pm Oil Painting	6:00pm - 8:00pm Nimble Thimbles	1:00pm - 4:00pm Wood Carving Club	5:00pm - 8:00pm Trivia Night		
	4:00pm - 7:00pm SHIIP		2:00pm - 5:00pm Pickle Ball-Wed and Fri	5:30pm - 7:30pm Beginning Watercolor		

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# Passmore Center Activity Calendar

## July 2019 (Continued)

**Sunday**                      **Monday**                      **Tuesday**                      **Wednesday**                      **Thursday**                      **Friday**                      **Saturday**

(Continued) <b>21</b>	(Continued) <b>22</b> <b>4:30pm - 5:30pm</b> Tai Chi -Chen-July  <b>5:30pm - 8:00pm</b> Dinner with David  <b>5:30pm - 8:00pm</b> Cooking and Dinner with Dav  <b>6:00pm - 6:50pm</b> Tai Chi Wu/Hao-July  <b>6:00pm - 8:00pm</b> Pottery Class-Eve Jul 8-29	(Continued) <b>23</b>	(Continued) <b>24</b> <b>3:00pm - 5:00pm</b> Oil Painting Studio  <b>4:00pm - 6:00pm</b> Sew What Sewing Group	(Continued) <b>25</b> <b>6:00pm - 8:00pm</b> Moving Forward Live AFG	(Continued) <b>26</b>	(Continued) <b>27</b>
<b>8:00am - 8:00pm</b> Volunteer Connect 55+ <b>28</b>	<b>8:00am - 8:00pm</b> Volunteer Connect 55+ <b>29</b>  <b>8:45am - 9:45am</b> Pacesetter Class  <b>10:00am - 10:50am</b> Aerobics  <b>10:00am - 10:50am</b> Gentle Joy of Yoga-July  <b>10:30am - 12:30pm</b> American Sign Language II  <b>11:00am - 11:45am</b> Silver Sneakers-Mondays an  <b>12:30pm - 4:00pm</b> Contract Bridge  <b>12:45pm - 1:45pm</b> Amercian Sign Language III  <b>1:00pm - 4:00pm</b> Hand & Foot Card Game  <b>2:00pm - 2:45pm</b> Line Dance Beginners  <b>2:00pm - 4:00pm</b> American Sign Language I	<b>8:00am - 8:00pm</b> Volunteer Connect 55+ <b>30</b>  <b>9:00am - 10:00am</b> Tap Dance-Beginners  <b>10:00am - 11:15am</b> Strong and Steady  <b>10:00am - 11:00am</b> Inspirational Topics  <b>10:00am - 1:00pm</b> Passmore Piece Makers Quil  <b>10:00am - 11:00am</b> Tap Dance-Intermediate  <b>11:00am - 12:30pm</b> True Movement  <b>12:30pm - 4:00pm</b> Mah Jong  <b>12:30pm - 5:00pm</b> Acupuncture  <b>1:00pm - 4:00pm</b> Hand & Foot Card Game  <b>1:00pm - 2:30pm</b> Line Dance-Tuesday	<b>8:00am - 8:00pm</b> Volunteer Connect 55+ <b>31</b>  <b>8:45am - 9:45am</b> Pacesetter Class  <b>9:00am - 11:00am</b> Leatherworks  <b>10:00am - 10:50am</b> Aerobics  <b>10:30am - 12:00pm</b> Nifty Knitters  <b>11:00am - 11:45am</b> Silver Sneakers-Mondays an  <b>11:15am - 12:00pm</b> Salli's Seated Workout  <b>12:30pm - 4:00pm</b> Contract Bridge  <b>12:30pm - 2:30pm</b> Beginning Pottery Wed Jul 1  <b>1:00pm - 4:00pm</b> Hand & Foot Card Game  <b>1:00pm - 4:00pm</b> Wood Carving Club			

Activities are subject to change. Please contact the Passmore Center at (919) 245-2015 prior to the even or activity to verify that there have been no program changes.

## Passmore Center Activity Calendar

**July 2019 (Continued)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> <span style="float: right; color: red;">28</span></p>	<p><i>(Continued)</i> <span style="float: right; color: red;">29</span></p> <p><b>3:00pm - 4:30pm</b> Line Dance-Mondays</p> <p><b>3:00pm - 5:00pm</b> Moving Forward Live AFG</p> <p><b>3:00pm - 5:00pm</b> Oil Painting</p> <p><b>4:00pm - 7:00pm</b> SHIIP</p> <p><b>4:30pm - 5:30pm</b> Tai Chi -Chen-July</p> <p><b>5:30pm - 8:00pm</b> Dinner with David</p> <p><b>5:30pm - 8:00pm</b> Cooking and Dinner with Dav</p> <p><b>6:00pm - 6:50pm</b> Tai Chi Wu/Hao-July</p> <p><b>6:00pm - 8:00pm</b> Pottery Class-Eve Jul 8-29</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">30</span></p> <p><b>2:00pm - 3:30pm</b> Acrylic Painting</p> <p><b>2:00pm - 3:00pm</b> What is Socialism</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">31</span></p> <p><b>2:00pm - 5:00pm</b> Pickle Ball-Wed and Fri</p> <p><b>2:00pm - 4:00pm</b> Important Creativity Project</p> <p><b>3:00pm - 5:00pm</b> Oil Painting Studio</p> <p><b>4:00pm - 6:00pm</b> Sew What Sewing Group</p> <p><b>6:30pm - 7:30pm</b> Retirement: Making Your Mo</p>			

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