

# July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Exercise Class/Video 9:00 am Coffee at McDonald's 10:00 am Rock Steady Boxing*	<b>2</b>	<b>3</b> Golfing Exercise Class/Video 9:00 am Rock Steady Boxing* 11:30 am PD Partners Zoom—1:00 pm Men with PD Zoom—2:30 pm	<b>4</b> 	<b>5</b> Exercise Class/Video 9:00 am Rock Steady Boxing* 11:30 am	<b>6</b>
<b>7</b>	<b>8</b> Exercise Class/Video 9:00 am Coffee at McDonald's 10:00 am Rock Steady Boxing*	<b>9</b> Meet & Greet 9:00 am	<b>10</b> Golfing Exercise Class/Video 9:00 am Women with PD Zoom—10:30 am Rock Steady Boxing* 11:30 am Book Club Zoom—2:30 pm	<b>11</b> Weekly Get Together 9:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	<b>12</b> Exercise Class/Video 9:00 am Rock Steady Boxing*	<b>13</b>
<b>14</b>	<b>15</b> Exercise Class/Video 9:00 am Coffee at McDonald's 10:00 am Rock Steady Boxing*	<b>16</b>	<b>17</b> Golfing Exercise Class/Video 9:00 am Rock Steady Boxing* 11:30 am PD Partners, Women with PD, Men with PD FID—1:30 pm	<b>18</b> Weekly Get Together 9:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	<b>19</b> Exercise Class/Video 9:00 am Board Meeting 10:30 am Rock Steady Boxing*	<b>20</b>
<b>21</b>	<b>22</b> Exercise Class/Video 9:00 am Coffee at McDonald's 10:00 am Rock Steady Boxing*	<b>23</b> Lunch Bunch 1:00 pm	<b>24</b> Golfing Exercise Class/Video 9:00 am Rock Steady Boxing* 11:30 am Women with PD Zoom—3:00 pm	<b>25</b> Weekly Get Together 9:00 am Readers Theater 2:15 pm Loud Crowd 3:30 pm	<b>26</b> Exercise Class/Video 9:00 am Rock Steady Boxing*	<b>27</b>
<b>28</b>	<b>29</b> Exercise Class/Video 9:00 am Coffee at McDonald's 10:00 am Rock Steady Boxing*	<b>30</b>	<b>31</b> Golfing Exercise Class/Video 9:00 am Rock Steady Boxing* 11:30 am			