


# Guideway/Bug Hill Senior Center JULY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>*Disclaimer:</b> <b>This calendar is</b> <b>subject to</b> <b>change at any</b> <b>time.</b>	<b>1</b> Exercise Room 9-5 9:00 Puzzles/Games 11:30 Chair Exercise 11:45 Lunch/Social <b>1:00 Cardio</b> <b>Drumming</b>	<b>2</b> Exercise Room 9-5 9:00 Puzzles/Games <b>11:00 Geri Fit</b> 11:45 Lunch/Social <b>2:00 BEG Geri Fit</b>	<b>3</b> Exercise Room 9-1 <b>9:00 Cards</b> 11:45 Lunch/Social 1:00 Puzzles/Games	<b>4</b> <b><u>CLOSED</u></b>  <b>HAPPY</b> <b>4TH OF JULY</b>
<b>7</b> Exercise Room 9-5 10 Crosswords/Puzzles <b>11:00 Geri Fit</b> 11:30 Weekly Announcements 11:45 Lunch/Social <b>2:00 BEG Geri-Fit</b>	<b>8</b> Exercise Room 9-5 9:00 Puzzles/Games 11:30 Chair Exercise 11:45 Lunch/Social 1:00 Couponing	<b>9</b> Exercise Room 9-5 9:00 Puzzles/Games <b>11:00 Geri Fit</b> 11:45 Lunch/Social <b>2:00 BEG Geri Fit</b>	<b>10</b> Exercise Room 9-5 <b>9:00 Cards</b> 11:45 Lunch/Social 1:00 Puzzles/Games	<b>11</b> Exercise Room 9-5 9:00 Word Games 11:45 Lunch/Social
<b>14</b> Exercise Room 9-5 <b>11:00 Geri Fit</b> 11:30 Weekly Announcements 11:45 Lunch/Social <b>2:00 BEG Geri-Fit</b>	<b>15</b> Exercise Room 9-5 9:00 Puzzles/Games 11:30 Chair Exercise 11:45 Lunch/Social 1:00 Crafts	<b>16</b> Exercise Room 9-5 9:00 Puzzles/Games <b>11:00 Geri Fit</b> 11:45 Lunch/Social <b>2:00 BEG Geri Fit</b>	<b>17</b> Exercise Room 9-5 <b>9:00 Cards</b> 11:45 Lunch/Social <b>1:00 Puzzles</b>	<b>18</b> Exercise Room 9-5 9:00 Word Games 9:30 Fellowship/Fun 11:45 Lunch/Social
<b>21</b> Exercise Room 9-5 10 Crosswords/Puzzles <b>11:00 Geri Fit</b> 11:30 Weekly Announcements 11:45 Lunch/Social <b>2:00 BEG Geri-Fit</b>	<b>22</b> Exercise Room 9-5 9:00 Puzzles/Games <b>10:00 Craft Class</b> 11:45 Lunch/Social 1:00 Cardio <b>Drumming</b>	<b>23</b> Exercise Room 9-5 9:00 Puzzles/Games <b>11:00 Geri Fit</b> 11:45 Lunch/Social	<b>24</b> Exercise Room 9-1 9:00 Puzzles/Games <b>9:00 Cards</b> 11:45 Lunch/Social	<b>25</b> Exercise Room 9-5 9:00 Word Games 9:30 Fellowship/Fun 11:45 Lunch/Social
<b>28</b> Exercise Room 9-5 10 Crosswords/Puzzles <b>10:00 Craft Class</b> <b>11:00 Geri Fit</b> 11:30 Weekly Announcements 11:45 Lunch/Social <b>2:00 BEG Geri-Fit</b>	<b>29</b> Exercise Room 9-5 9:00 Puzzles/Games 11:30 Chair Exercise 11:45 Lunch/Social 1:00 Crafts	<b>30</b> Exercise Room 9-5 9:00 Puzzles/Games <b>11:00 Geri Fit</b> 11:45 Lunch/Social <b>2:00 BEG Geri Fit</b>	<b>31</b> Exercise Room 9-5 9:00 Puzzles/Games <b>9:00 Cards</b> 11:45 Lunch/Social	Legal aid of NC 800.672.9304 Reverse Mortgage info 919-877-5700  <b>Medication Assistance</b> <b>Program INFO</b> <b>910-640-6602 ext. 250</b> <b>Medicare Info:</b> <b>910-640-6602 ext. 241</b>

FOR MORE INFORMATION: Contact Jenny Godwin @ 788-1614 [jgodwin@columbusco.org](mailto:jgodwin@columbusco.org)