



## **JULY HIGHLIGHTS**

**5 – Lunch & Learn @ 11:30AM– all about supplements, free lunch & presentation. MUST RSVP by July 1st**

**7 & 21 – Arts & Crafts Share Circle Meets @ 10:00AM**

**8 & 27– Brief Legal Clinic – (free legal advice) appointment REQUIRED (see front desk)**

**11, 18, & 25 (MONDAYS)– MEXICAN TRAIN DOMINOES GAME DAY @ 12NOON, BRING YOUR GAME IF YOU HAVE ONE**

**12 – SIT & TALK @ 12NOON, FOR LADIES, COME MEET NEW FRIENDS AND CHAT TOGETHER**

**19<sup>TH</sup> – SITUATIONAL AWARENESS PRESENTATION – FREE, LEARN HOW TO BE AWARE OF YOUR SURROUNDINGS, PLEASE RSVP – BEGINS AT 11am**

**20 & 27 – “HEALTH IN ACTION” CLASSES MEET WEEKLY WITH A LIFE COACH AT 9am, PLEASE SIGN UP AT FRONT DESK, PICK UP A BROCHURE – FREE- YOU’LL BE GLAD YOU ATTEND THESE!**

**21– Alzheimer & Dementia Support Group Meets @ 3:00pm**

**25<sup>TH</sup> - TECH HELP WITH YOUR CELL PHONE, BRING IN YOUR QUESTIONS AND SMART PHONE @ 11am**

\*activities may be subject to change, view monthly calendar on the website below

[www.marshallcountycouncilonaging.org](http://www.marshallcountycouncilonaging.org)