

# DES ARC SENIOR CENTER SERVING

ACTIVITIES BEGIN @9am . We are committed to staying Active and Happy!

LUNCH M-F 11am,

## July 2024

SINGING AND DANCING IS A CELEBRATION OF LIFE!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 9am Games 10am Ageless Grace	2 9am Games 10am UAMS 10:15 Activity w/Leonard	3 9am Games 10am Ballon Volley	4 Happy 4 <sup>th</sup> CLOSED	5 CLOSED	6	7
8 9am Games 10am Leigh Ann - Health Topics	9 9am Games 10am Emille - Healthy Eating	10 9am Games 10am Delilah w/ Medicare Info. & Craft	11 9am Games 10am Ageless Grace @ DANRC	12 9am Games 10am Balloon Volley	13	14
15 9AM Games 10am Ageless Grace	16 9am Games 10am Super Noggin	17 9am Games 10am Ballon Volley	18 9am Games 10am Baggo Practice	19 9am Games 10am Ageless Grace	20	21
22 9am Games 10am Ageless Grace	23 9am Games 9:30 F&M Bank (Fraud) 10am Bingo w/The	24 9am Games 10am Nutritional Ed. 10:30 Baggo	25 9am Games 10am Balloon Volley	26 9am Games 10am Ageless Grace	27	28
29 9am Games 10am Ageless Grace	30 9am Games 10am Ageless Grace	31 9am Games CELEBRATE BIRTHDAYS	1	2	3	4
5	6	7	8	9	10	11

