

# KRC Calendar July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1	2	3	4	5	6	
	11 Pinochle 12:45 Bingocize** 1:45 Relaxation Training**	10 Quilters 10:30 Line Dancing – Continuing* 11:30 Line Dancing – Beginner* 1:30 Memoir Writing*	12 Quilters 12:45 Bingocize** 1:45 Relaxation Training**	KRC Closed Happy 4 <sup>th</sup> of July!	12:45 Mental Flexibility** 1:45 Relaxation Training**		
7	8	9	10	11	12	13	
	11 Pinochle 12:45 Bingocize** 1:45 Relaxation Training** 2:30 Chair Yoga* 3:45 Guided Meditation*	10 Quilters 10:30 Line Dancing – Continuing* 11:30 Line Dancing – Beginner* 1:30 Memoir Writing* 6 Photography*	12 Quilters 12:45 Bingocize** 1:45 Relaxation Training**	12 Duplicate Bridge 7 Gentle Yoga*	10 Bingo* 1:45 Relaxation Training**		
14	15	16	17	18	19	20	
	11 Pinochle 12:45 Bingocize** 1:45 Relaxation Training** 2:30 Chair Yoga* 3:45 Guided Meditation*	10 Quilters 10:30 Line Dancing – Continuing* 11:30 Line Dancing – Beginner* 1:30 Memoir Writing* 6 Photography* 6:30 Cooking*	10 Watercolor Painting* 11 T'ai Chi* 12 Quilters 12:45 Bingocize** 1:45 Relaxation Training** 6:30 Wellness Wednesday*	12 Duplicate Bridge 6:30 Cooking* 7 Gentle Yoga*	12:45 Mental Flexibility** 1-2 Ice Cream Social* 1-2 Therapy Dogs 1:45 Relaxation Training**		
21	22	23	24	25	26	27	
	11 Pinochle 12:45 Bingocize** 1:45 Relaxation Training** 2:30 Chair Yoga* 3:45 Guided Meditation*	10 Quilters 1:30 Memoir Writing* 6 Photography*	11 T'ai Chi* 12 Quilters 12:45 Bingocize** 1:45 Relaxation Training** 6:30 Acrylic Painting*	12 Duplicate Bridge 12:30 Million Dollar Quartet Trip* 7 Gentle Yoga*	11:30 Country Western Luncheon* 1:45 Relaxation Training**		
28	29	30	31				
	11 Pinochle 12:45 Bingocize** 1:45 Relaxation Training** 2:30 Chair Yoga* 3:45 Guided Meditation* 6:30 Watercolor Painting*	10 Quilters 10:30 Line Dancing – Continuing* 11:30 Line Dancing – Beginner*	11 T'ai Chi* 12 Quilters 1 Meridian Hand Exercises* 1:45 Relaxation Training**	<p>*Pre-registration required. Additional fee may apply. EPD program. Call 630-993-8193 for more information or to register.</p> <p>**Pre-registration required. Metropolitan Family Services program. Call 331-871-5537 for more information or to register.</p>			

# KRC Calendar August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				12 Duplicate Bridge 7 Gentle Yoga*	12:45 Mental Flexibility** 1:45 Relaxation Training**	
4	5	6	7	8	9	10
	11 Pinochle 12:45 Bingocize** 1:45 Relaxation Training**	10 Quilters 10:30 Line Dancing – Continuing* 11:30 Line Dancing – Beginner*	10 Watercolor* 11 T'ai Chi* 12 Quilters 1:45 Relaxation Training**	12 Duplicate Bridge 7 Gentle Yoga*	10 Bingo* 1:45 Relaxation Training**	
11	12	13	14	15	16	17
	9:30 Acrylic Painting* 11 Pinochle 12:45 Bingocize** 1:45 Relaxation Training** 2:30 Chair Yoga* 3:45 Guided Meditation*	10 Quilters 10:30 Line Dancing – Continuing* 11:30 Line Dancing – Beginner* 6:30 Cooking*	11 T'ai Chi* 12 Quilters 12:45 Bingocize** 1:45 Relaxation Training** 6:30 Acrylic Painting*	12 Duplicate Bridge 6 Photography* 6:30 Cooking* 7 Gentle Yoga*	12:45 Mental Flexibility** 1:45 Relaxation Training**	
18	19	20	21	22	23	24
	11 Pinochle 12:45 Bingocize** 1:45 Relaxation Training** 2:30 Chair Yoga* 3:45 Guided Meditation* 6:30 Watercolor Painting*	8:30 Fun on the Farm Trip* 10 Quilters 10:30 Line Dancing – Continuing* 11:30 Line Dancing – Beginner*	11 T'ai Chi* 12 Quilters 12:45 Bingocize** 1:45 Relaxation Training**	12 Duplicate Bridge 6 Photography* 7 Gentle Yoga*	11:30 Love Boat Cruise Party Luncheon* 1:45 Relaxation Training**	
25	26	27	28	29	30	31
	11 Pinochle 12:45 Bingocize** 1:45 Relaxation Training** 2:30 Chair Yoga* 3:45 Guided Meditation*	10 Quilters 10:30 Line Dancing – Continuing* 11:30 Line Dancing – Beginner* 7:30 Beer in the New World*	11 T'ai Chi* 12 Quilters 12:45 Bingocize** 1:45 Relaxation Training**	12 Duplicate Bridge 6 Photography* 7 Gentle Yoga*	1:45 Relaxation Training**	

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