

NAM 50+ Senior Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
3 NAM CLOSED	4  NAM CLOSED Happy Independence Day	5 9 am Intermediate Line Dancing 10am Bingo 10:15am Zumba 11:30am 60+ Café/ Independence Day Celebration 12:30pm Mah Jongg	6 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing	7 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:45am Tap Dancing 11:00am 60+ Café/Lunch & Learn 12:30pm Cribbage 12:30pm Mah Jongg
10 9:30am Exercise Class 10 am Bingo 10:30am Literature, Etc. 10:30am Crochet Class 11:30am 60+ Café/Social Wellness Day 12 pm Duplicate Bridge 12:30 pm Dominoes	11 10am Helping Hands 10am Ballroom Dance	12 9 am Intermediate Line Dancing 10 am Bingo 10:15am Zumba 11:30 am 60+ Café/WORM & Nat'l Pecan Pie Day 12:30pm Mah Jongg	13 9am Day Trip/Space Center Houston 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing	14 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café/ Nat'l Watermelon Month 12:30pm Cribbage 12:30pm Mah Jongg
17 9:30am Exercise Class 10 am Bingo 10:30am Literature, Etc. 11:30am 60+ Café/Bingo Extravaganza 12 pm Duplicate Bridge 12:30 pm Dominoes	18 10am Helping Hands 10am Ballroom Dance	19 9 am Intermediate Line Dancing 10am Bingo 10:15am Zumba 11:30am 60+ Café 12:30pm Mah Jongg	20 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 12pm Movie/Lunch Day 1 pm Advanced Line Dancing	21 9:30am Exercise Class 10am Bingo 10:30 am Computer Class 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café/Nat'l Junk Food Day 12:30pm Cribbage 12:30pm Mah Jongg
24 9:30am Exercise Class 10 am Bingo 10:30am Literature, Etc. 10:30am Crochet Class 11:30am 60+ Café/Nat'l Tell an Old Joke Day 12 pm Duplicate Bridge 12:30 pm Dominoes	25 NAM Senior Services Closed for Staff Meeting	26 9 am Intermediate Line Dancing 10am Bingo 10:15am Zumba 11:30am 60+ Café/Name that Old Hollywood Actor 12:30pm Mah Jongg	27 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing	28 9:30am Exercise Class 10am Bingo 10:30 am Computer Class 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café/Lunch & Learn 12:30pm Cribbage 12:30pm Mah Jongg
31 9:30am Exercise Class 10 am Bingo 10:30am Literature, Etc. 11:30am 60+ Café/Birthday Cele. 12 pm Duplicate Bridge 12:30 pm Dominoes				



**J
U
L
Y**

**2
0
1
7**

