


# July 2024 Program Calendar

The Palmer Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 10:00 Blood Pressure Checks with Jeanne Boone 11:00 Motivation and Movement 12:30 Pop Up Library and Tech Talk	<b>2</b> <b>10:45 Summer Trivia</b>	<b>3</b> <b>10:30 4<sup>th</sup> of July Celebration</b> 12:30 Open Music Jam	<b>4</b> <b>Closed for 4<sup>th</sup> of July</b>	<b>5</b> <b>9:45 Nutrition Site Committee</b> <b>10:30 Home Necessity Bingo</b> 12:30 Nutrition Presentation	<b>6</b>
<b>8</b> 11:00 Motivation and Movement	<b>9</b> <b>10:00 Tai Chi for Arthritis #</b> <b>10:45 Beginner's Origami</b>	<b>10 Trip Sign Up Day</b> 10:00 Coloring Your Way 12:30 Open Music Jam 12:30 Project Linus Quilters	<b>11</b> 10:00 Tai Chi for Arthritis 10:30 Veteran's Café 12:30 Pantry Bingo	<b>12</b> 10:30 The Art in You	<b>13</b>
<b>15</b> 11:00 Motivation and Movement	<b>16</b> 9:30 Blood Pressure and Blood Sugar Checks 10:00 Tai Chi for Arthritis # <b>10:30 Crafty Crochet</b>	<b>17</b> 12:30 Open Music Jam 1:00 Harvester's Box Pick Up	<b>18</b> 10:00 Tai Chi for Arthritis # 12:30 White Elephant Bingo 2:00 Cover to Cover	<b>19</b> 12:15 Ice Cream Social	<b>20</b>
<b>22</b> 11:00 Motivation and Movement	<b>23</b> 10:00 Tai Chi for Arthritis #	<b>24</b> 10:00 Coloring Your Way 12:30 Open Music Jam <b>10:15 New Theater: Newsies \$#</b>	<b>25</b> 10:00 Tai Chi for Arthritis # 10:45 5-A-Day Bingo	<b>26</b> 11:30 Birthday Lunch 3:00 Low Vision Support Group	<b>27</b>
<b>29</b> 11:00 Motivation and Movement	<b>30</b> 10:00 Tai Chi for Arthritis #	<b>31</b> <b>9:00 Powell Gardens \$#</b> 12:30 Open Music Jam			
9:00-9:45 Wake Up Workout \$3 9:00-11:30 Woodcarving Club SC \$ 10:00-10:45 PEPPi 10:15-11:00 SilverSneakers Yoga TMB \$ 11:30 Lunch # 11:00-1:00 Open Line Dance \$3 12:00-4:00 Duplicate Bridge Club \$ 12:30-2:30 Bare Bones Art	9:00-9:45 Stretch & Tone \$3 11:30 Lunch # 12:30-4:30 Bridge Club \$ 1:30 Zuma Gold TMB \$ <b>11:30- 12:30 Beginner Pickleball \$</b> <b>12:30 – 4:45 Open Play Pickleball \$</b>	9:00-9:45 Wake Up Workout \$3 10:00-10:45 PEPPi 10:15-11:00 SilverSneakers Yoga TMB 11:30 Lunch # 12:00-4:00 Duplicate Bridge Club # 12:00-4:00 Woodcarving Club SC 12:30-4:30 Bridge	9:00-9:45 Stretch & Tone \$3 11:00-11:45 SilverSneakers Classic TMB \$ 11:30 Lunch # <b>11:30- 12:30 Beginner Pickleball \$</b> <b>12:30 – 4:45 Open Play Pickleball \$</b>	9:00-9:45 Wake Up Workout \$3 10:00-10:45 PEPPi 10:30-11:15 Stitch in Time 11:30 Lunch # 11:00-1:00 Instructed Line Dance \$3	 <b>THE PALMER CENTER</b> INDEPENDENCE PARKS & RECREATION

#=Reservation Required \$= Fee TMB= Truman Memorial Bldg GO= George Owens Park SC= Sermon Center

[www.ci.independence.mo.us/parksandrec/palmer](http://www.ci.independence.mo.us/parksandrec/palmer)