

2<sup>nd</sup> Annual  
 Don't miss the  
**BREW FEST July 28**  
 5 - 9 pm



# JULY 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	2 Parkinson's Rock Steady Boxing 9:30-10:30 am & 11:00 am-noon	3 Tutoring 9 am-noon Golden Fitness 9-10am Sewing & Craft 1 pm Gentle Chair Yoga 4:30 Yoga 6 pm	4 <b>4<sup>th</sup> of July Holiday</b>  Bridge Club 7 pm	5 Tutoring 9 am-noon Golden Fitness 9-10am Bunco 12:30	6	7	
8	9 Parkinson's Rock Steady Boxing 9:30-10:30 am & 11:00 am-noon	10 Tutoring 9 am-noon Golden Fitness 9 -10 am Sewing & Craft 1 pm MS Brain Teasers 1 pm Gentle Chair Yoga 4:30 Yoga 6 pm	11 Tutoring 9 am-noon Parkinson's Rock Steady Boxing 9:30-10:30 am & 11:00 am-noon	12 Tutoring 9 am-noon Golden Fitness 9-10am Rummikub 1 pm	13	14 Art Expression 10 am - noon	
15	16 Parkinson's Rock Steady Boxing 9:30-10:30 am & 11:00 am-noon	17 Tutoring 9 am-noon Golden Fitness 9-10am Parkinson Support 10 am 12 noon Sewing & Crafts 1 pm Tripoli 1 pm Gentle Chair Yoga 4:30 Yoga 6 pm	18 Tutoring 9 am-noon  Rock Steady Boxing 9:30-10:30 am & 11:00 am-noon	19 Tutoring 9 am-noon Golden Fitness 9-10am	20	21	
22	23 Parkinson's Rock Steady Boxing 9:30-10:30 am & 11:00 am-noon	24 Tutoring 9 am-noon Golden Fitness 9-10am Sewing & Craft 1 pm Gentle Chair Yoga 4:30 Yoga 6 pm	25 Tutoring 9 am-noon  Parkinson's Rock Steady Boxing 9:30-10:30 am & 11:00 am-noon	26 Tutoring 9 am-noon-last day. Golden Fitness 9-10am Art Classes – for people with Neurological Issues 1 p.m.	27	28 Art Expression 10 am – noon  <b>Francis Center 2<sup>nd</sup> Annual Brew Fest 5-9</b>	
29	30 Parkinson's Rock Steady Boxing 9:30-10:30 am & 11:00 am-noon	31 Golden Fitness 9-10am Sewing & Craft 1 pm Gentle Chair Yoga 4:30 Yoga 6 pm	<p><a href="#">Ongoing Programs Call 459-4251 Ext 12</a>  <a href="#">Community Gardens</a>  <a href="#">Francis Cooks for Homebound</a>  <a href="#">Family, Marriage, Individual, Pastoral Counseling</a>  <a href="#">Spiritual Direction</a>  <a href="#">KentuckyOne Health – 1-877-543-5768 Call to            schedule an appointment for Medical/Social            Needs</a></p>				

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