















JULY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>1:00-3:00 Open Swim P ♦ 2:00-4:00 Chips & Chat G ♦*</p> 	<p>2</p> <p>9:30 Breakfast Break- Bite Bakery ♦ ♦ 10:00 Bus Trip-Consumer Sq. ♦</p> <p>2:00 Bus Trip Whitesboro Farmers Market & Walking Group ♦ ♦ 5:00-7:00 Evening Swim P ♦</p>	<p>3</p> <p>9:00-12:00 Utica Area Doctor Appointments ♦ 2:00 Chair Zumba- CANCELLED</p>	<p>4</p>  <p>Office Closed</p>	<p>5</p> <p>9:00-12:00 New Hartford Dr. Appointments ♦ 9:30 Fitness Class G ♦ ♦ 11:00 Utica Bridge League G 1:00 Rosary T ♦ 1:00 Bus Run- Clinton Farmers Market ♦ 4:30 Happy Hour G ♦</p>	<p>6</p> <p>8:30 Bus Trip- Utica Roasting Company ♦ ♦</p> <p>10:00 Stamina Strength & Stretch- G ♦ ♦ ♦ 11:30 Lunch Bunch- Munson Williams & Elms Cafe ♦ ♦</p>	<p>7</p> <p>9:30 Aqua Motion P ♦ 10:00 Table Tennis G ♦ 1:00-3:00 Canasta G ♦ 1:00-4:00 Open Swim P ♦</p>
<p>8</p> <p>1:00-3:00 Open Swim P ♦ 2:00-4:00 Chips & Chat G ♦*</p> 	<p>9</p> <p>10:00 Bus Trip- Sangertown Sq. & Walking Group ♦ ♦ ♦</p> <p>2:00 Bus Trip- 911 Center ♦ ♦ ♦</p> <p>3:00 Book Club G ♦ 5:00-7:00 Evening Swim P ♦</p>	<p>10</p> <p>9:00-12:00 Utica Area Doctor Appointments ♦ 1:00 Bus Trip- At Home Store ♦</p>  <p>3:30 Aqua Aerobics P ♦ 4:00 What the Truck? ♦</p>	<p>11</p> <p>9:00 Grab N Go Breakfast G ♦ ♦ 10:00 Bus Trip Price Rite ♦ 1:30 Bible Study T 3:00 Bingo G ♦ 4:30-6:00 Writing Group AC ♦</p>	<p>12</p> <p>9:00-12:00 New Hartford Dr. Appointments ♦ 9:30 Fitness Class G ♦ ♦ 11:00 Utica Bridge League G 1:00 Rosary T ♦ 4:30 Happy Hour G ♦ 5:00-7:00 Evening Swim P ♦</p>	<p>13</p> <p>**New Bus Time 9:00 Bus Trip- Old Forge (Shopping & Lunch) ♦ 10:00 Stamina Strength & Stretch- G ♦ ♦ ♦ 11:00 Chair Yoga-G ♦ ♦</p>	<p>14</p> <p>9:30 Aqua Motion P ♦ 10:00 Table Tennis G ♦</p> <p>10:00 Bus Trip Little Falls Cheese Festival</p>  <p>1:00-3:00 Canasta G ♦ 1:00-4:00 Open Swim P ♦</p>
<p>15</p> <p>1:00-3:00 Open Swim P ♦ 2:00-4:00 Chips & Chat G ♦*</p>	<p>16</p> <p>9:30 Breakfast Break- Bagg's Square Café ♦ ♦</p> <p>10:00 Bus Trip-Consumer Sq. ♦</p> <p>2:00 Bus Trip Whitesboro Farmers Market & Walking Group ♦ 5:00-7:00 Evening Swim P ♦</p>	<p>17</p> <p>9:00-12:00 Utica Area Doctor Appointments ♦* 2:00 Chair Zumba *G ♦</p>  <p>Birthday Party Social 5:00-6:00PM</p>	<p>18</p> <p>10:00 Bus Trip - Hannaford ♦ 12:00 Liberty Mutual- Renters Insurance Seminar-G ♦ 1:00 Villa Verona Winery ♦ ♦ 1:30 Bible Study T 3:00 Bingo G ♦ 4:30-6:00 Writing Group G ♦ 5:15 Chair Yoga G ♦ ♦ ♦</p>	<p>19</p> <p>9:00-12:00 New Hartford Dr. Appointments ♦ 9:30 Fitness Class G ♦ ♦ 11:00 Utica Bridge League G 1:00 Rosary T ♦ 1:00 Bus Run- Clinton Farmers Market ♦ 4:30 Happy Hour G ♦ 5:00-7:00 Evening Swim P ♦</p>	<p>20</p> <p>Lunch Bunch *New Time * 9:30-3:00 Delago Casino ♦ ♦* 10:00 Stamina Strength & Stretch- G ♦ ♦ ♦ 11:00 Chair Yoga-G ♦ ♦</p>	<p>21</p> <p>9:30 Aqua Motion P ♦ 10:00 Table Tennis G ♦ 1:00-3:00 Canasta G ♦ 1:00-4:00 Open Swim P ♦</p>
<p>22</p> <p>1:00-3:00 Open Swim P ♦ 2:00-4:00 Chips & Chat G ♦*</p> 	<p>23</p> <p>10:00 Bus Trip-Sangertown Sq. & Walking Group ♦ ♦ ♦</p>  <p>5:00-7:00 Evening Swim P ♦</p>	<p>24</p> <p>9:00-12:00 Utica Area Doctor Appointments ♦ 3:30 Aqua Aerobics P ♦ ♦* 4:00 What the Truck? ♦</p> 	<p>25</p> <p>8:30 Van Run- North Utica Wal-Mart ♦ 10:00-1:30 Bus Trip Vernon Downs ♦ 12:00 Sonostics Seminar-G ♦ ♦ 1:30 Bible Study T 3:00 Bingo G ♦ 4:30-6:00 Writing Group AC ♦*</p>	<p>26</p> <p>9:00-12:00 New Hartford Dr. Appointments ♦* 9:30 Fitness Class G ♦ ♦ 11:00 Utica Bridge League G 1:00 Rosary T ♦ 4:30 Happy Hour G ♦ 5:00-7:00 Evening Swim P ♦</p>	<p>27</p> 	<p>28</p> <p>9:30 Aqua Motion P ♦ 10:00 Table Tennis G ♦ 1:00-3:00 Canasta G ♦ 1:00-4:00 Open Swim P ♦</p>
<p>29</p> <p>1:00-3:00 Open Swim P ♦ 2:00-4:00 Chips & Chat G ♦*</p> 	<p>30</p> <p>9:30 Breakfast Break- Top of the Morning ♦ ♦</p> <p>10:00 Bus Trip- Consumer Sq. ♦ 2:00 Bus Trip Whitesboro Farmers Market & Walking Group ♦ ♦ 5:00-7:00 Evening Swim P ♦</p>	<p>31</p> <p>9:00-12:00 Utica Area Doctor Appointments ♦ 1:00 Herkimer Diamond Mines ♦ 3:30 Aqua Aerobics P ♦</p>		<p><u>CODES</u></p> <p>AC - Arts & Crafts Room B - Billiards Room F—Fitness Room G –Great Room M - Mill Room P - Pool S - Salon T - Theater</p>	<p><u>Sun Program Key</u></p> <p>♦ Community & Friendship ♦ Education & Lifelong Learning ♦ Convenience & Economies ♦ Health & Wellness ♦ Fun & Recreation ♦ Safety & Security ♦ Finance, Legal & Administrative</p>	<p>Color Codes:</p> <p>Fitness Bus Trips Clubhouse Activities Food/Casino Outings Happy Hour Seminars</p>