

July 2025

Monday

Tuesday

Wednesday

Thursday

Friday

Events in Red require
preregistration. Some
programs have a fee.
Please check with
front desk staff


1
Chair Fitness 8-8:55 am
Chair Fitness 9:05-10 am
Mahjong 10-2 pm

Sign up for Meals for next week!

2
PCOA EnhanceFitness
8:30-9:30 am
Chair Volleyball 9-10 am
Table Games 10:30-12 pm
Gardening Club 8 am
Farkle 1-3 pm

3
Chair Fitness 8-8:55 am
Chair Fitness 9:05-10 am
Canasta 10-2 pm
Zentangle 10-11 am
Craft Ladies 10:30-2 pm


4
Center Closed
 **HAPPY**
4th of July

7
PCOA EnhanceFitness
8:30-9:30 am
Chair Yoga 9-10 am


8
Chair Fitness 8-8:55 am
Chair Fitness 9:05-10 am
Mahjong 10-2 pm
Air Dry Clay Class 10:00 am

Sign up for Meals for next week!

9
PCOA EnhanceFitness
8:30-9:30 am
Chair Volleyball 9-10 am
Table Games 10:30-12 pm
Gardening Club 8 am
Farkle 1-3 pm
Cribbage 5:30-7:30 pm

10
Chair Fitness 8-8:55 am
Chair Fitness 9:05-10 am
Canasta 10-2 pm
Zentangle 10-11 am
Craft Ladies 10:30-2 pm


11
PCOA EnhanceFitness
8:30-9:30 am
Mahjong 10-2 pm
Bingo (w/Lunch)
10-11:30 am




14
PCOA Enhanced Fitness
8:30-9:30 am
Chair Yoga 9-10 am



15
Chair Fitness 8-8:55 am
Chair Fitness 9:05-10 am
Mahjong 10-2 pm
Painting with Carol 10:00 am
Sign up for Meals for next week!

16
PCOA EnhanceFitness
8:30-9:30 am
Chair Volleyball 9-10 am
Table Games 10:30-12 pm
Gardening Club 8 am
Farkle 1-3 pm


17
Chair Fitness 8-8:55 am
Chair Fitness 9:05-10 am
Volleyball Tournament
@ Armory Center 8 am
Canasta 10-2 pm
Zentangle 10-11 am
Craft Ladies 10:30-2 pm

18
PCOA 
8:30-9:30 am
Mahjong 10-2 pm



21
PCOA 
8:30-9:30 am
Chair Yoga 9-10 am

22
Chair Fitness 8-8:55 am
Chair Fitness 9:05-10 am
Mahjong 10-2 pm
Sign up for Meals for next week!

23
PCOA 
8:30-9:30 am
Chair Volleyball 9-10 am
Table Games 10:30-12 pm
Gardening Club 8 am
Farkle 1-3 pm
Cribbage 5:30-7:30 pm

24
Chair Fitness 8-8:55 am
Chair Fitness 9:05-10 am
Stirring the Pot 10:30 am

Canasta 10-2 pm
Zentangle 10-11 am
Craft Ladies 10:30-2 pm


25
 **KIDCO ENDS**
PCOA EnhanceFitness
8:30-9:30 am
Mahjong 10-2 pm
Bingo (No Lunch)
10-11:30 am

28
PCOA Enhanced Fitness
8:30-9:30 am
Chair Yoga 9-10 am


29
Chair Fitness 8-8:55 am
Chair Fitness 9:05-10 am
Mahjong 10-2 pm
Sign up for Meals for next week!

30
PCOA EnhanceFitness
8:30-9:30 am
Chair Volleyball 9-10 am
Table Games 10:30-12 pm
Gardening Club 8 am
Farkle 1-3 pm

31
Chair Fitness 8-8:55 am
Chair Fitness 9:05-10 am
Canasta 10-2 pm
Zentangle 10-11 am
Craft Ladies 10:30-2 pm

 **PCOA Meal Program**
60+
Monday-Friday
12-1 pm
\$2 suggested daily
donation
Registration required
Sign up due the
Tuesday week prior