


Armory Park Center Activities Calendar

July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Sign up at Front Desk New Program/Time	1 Ageless Moves & Grooves-9:30a BINGO-12p Spanish Class-1:30p Blood Pressure-2p PCOA Meal-3p	2 Sign Class-9:30a Anything Goes-10:30a Loteria-12p Writing Class-1p Table Tennis-1:30p Neal's Fun Jam-1:30p PCOA Meal-3p	3 Fitness Aerobics-9:30a 4th of July Party-11a Table Tennis-11:30a Spanish Class-1:30p PCOA Meal-3p	4 Center Closed in observance of Independence Day	5 Classical Chinese Dance-10:30a Neal's Fun Jam-12p Ballroom Dance-1:30p
6	7 Step by Step Dance-9:30a T'ai Chi-10:30a Chair Volleyball-11:30a Movie Matinee-12:30p Disc Golf-2p PCOA Meal-3p	8 Ageless Moves & Grooves-9:30a BINGO-12p Spanish Class-1:30p Blood Pressure-2p PCOA Meal-3p	9 Bread & Butter Cafe/Bin Store-8:15a Sign Class-9:30a Loteria-12p Writing Class-1p Table Tennis-1:30p Neal's Fun Jam-1:30p PCOA Meal-3p	10 Fitness Aerobics-9:30a Dungeons & Dragons-10:30a Table Tennis-11:30a Crafts-12:30p Spanish Class-1:30p PCOA Meal-3p	11 Chair Yoga-9:30a Chair Volleyball-10:30a Technical Difficulties-12p Karaoke Party-12p PCOA Meal-3p	12 Classical Chinese Dance-10:30a Neal's Fun Jam-12p Ballroom Dance-1:30p
13	14 Step by Step Dance-9:30a T'ai Chi-10:30a Chair Volleyball-11:30a Movie Matinee-12:30p Disc Golf-2p PCOA Meal-3p	15 Ageless Moves & Grooves-9:30a UofA Memory Study – 11-3 BINGO-12p Spanish Class-1:30p Blood Pressure-2p PCOA Meal-3p	16 Sign Class-9:30a Oil Painting w/Yellow-10:30a Loteria-12p Writing Class-1p Table Tennis-1:30p Neal's Fun Jam-1:30p PCOA Meal-3p	17 Chair V-ball Tourney-9am Fitness Aerobics-9:30a Dungeons&Dragons10:30a Table Tennis-11:30a Crafts-12:30p Spanish Class-1:30p PCOA Meal-3p	18 Chair Yoga-9:30a Chair Volleyball-10:30a Technical Difficulties-12p Brain Games-1:30p PCOA Meal-3p	19 Classical Chinese Dance-10:30a Neal's Fun Jam-12p Ballroom Dance-1:30p
20	21 Step by Step Dance-9:30a T'ai Chi-10:30a Chair Volleyball-11:30a Movie Matinee-12:30p Disc Golf-2p PCOA Meal-3p	22 Ageless Moves & Grooves-9:30a BINGO-12p Spanish Class-1:30p Blood Pressure-2p PCOA Meal-3p	23 Sign Class-9:30a Anything Goes-10:30a Loteria-12p Writing Class-1p Table Tennis-1:30p Neal's Fun Jam-1:30p PCOA Meal-3p	24 Fitness Aerobics-9:30a Dungeons & Dragons-10:30a Table Tennis-11:30a Memorial Spanish Class-1:30p PCOA Meal-3p	25 Chair Yoga-9:30a Chair Volleyball-10:30a Technical Difficulties-12p Birthday Karaoke Party-12p PCOA Meal-3p	26 Classical Chinese Dance-10:30a Neal's Fun Jam-12p Ballroom Dance-1:30p
27	28 Step by Step Dance-9:30a T'ai Chi-10:30a Chair Volleyball-11:30a Movie Matinee-12:30p Disc Golf-2p PCOA Meal-3p	29 Ageless Moves & Grooves-9:30a Suvida Speaker-11a BINGO-12p Spanish Class-1:30p Blood Pressure-2p PCOA Meal-3p	30 Sign Class-9:30a Anything Goes-10:30a Loteria-12p Writing Class-1p Table Tennis-1:30p Neal's Fun Jam-1:30p Social Security Birthday Party/PCOA Meal-3p	31 Fitness Aerobics-9:30a Dungeons & Dragons-10:30a Table Tennis-11:30a Crafts-12:30p Spanish Class-1:30p PCOA Meal-3p	