

July 2026

Monday

Tuesday

Wednesday

Thursday

Friday

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

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

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

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

3
Center Closed
HAPPY 4th of July

6
PCOA EnhanceFitness
8:30-9:30 am
Chair Strength 10-11 am
Farkle 1-3 pm

7
Active Fitness 8-8:55 am
Active Fitness 9:05-10 am
Mahjong 10-2 pm
Craft with Staff 10:30 am

Sign up for Meals for next week!

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

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

10
PCOA EnhanceFitness
8:30-9:30 am
Mahjong 9:30-12 pm
Chair Strength 10-11 am
Bingo 10-11:30 am

13
PCOA EnhanceFitness
8:30-9:30 am
Chair Strength 10-11 am
Farkle 1-3 pm

14
Active Fitness 8-8:55 am
Active Fitness 9:05-10 am
Mahjong 10-2 pm
Painting with Carol 10:30 am

Sign up for Meals for next week!

15
PCOA EnhanceFitness
8:30-9:30 am
Chair Volleyball 9-10 am
Gardening Club 8 am
Farkle 1-3 pm

16
Active Fitness 8-8:55 am
Active Fitness 9:05-10 am
Canasta 10-2 pm
Zentangle 10-11 am
Craft Ladies 10:30-2 pm
Brain Games 1 pm

17
PCOA e ENHANCE FITNESS
8:30-9:30 am
Mahjong 9:30-12 pm
Chair Strength 10-11 am

20
PCOA EnhanceFitness
8:30-9:30 am
Chair Strength 10-11 am
Farkle 1-3 pm

21
Active Fitness 8-8:55 am
Active Fitness 9:05-10 am
Mahjong 10-2 pm

Sign up for Meals for next week!

22
PCOA e ENHANCE FITNESS
8:30-9:30 am
Chair Volleyball 9-10 am
Gardening Club 8 am
Farkle 1-3 pm

23
Active Fitness 8-8:55 am
Active Fitness 9:05-10 am
Canasta 10-2 pm
Zentangle 10-11 am
Craft Ladies 10:30-2 pm

24
KIDCO ENDS
PCOA EnhanceFitness
8:30-9:30 am
Mahjong 9:30-12 pm
Chair Strength 10-11 am
Bingo 10-11:30 am

27
PCOA e ENHANCE FITNESS
8:30-9:30 am
Chair Strength 10-11 am
Farkle 1-3 pm

28
Active Fitness 8-8:55 am
Active Fitness 9:05-10 am
Mahjong 10-2 pm

Sign up for Meals for next week!

29
PCOA EnhanceFitness
8:30-9:30 am
Chair Volleyball 9-10 am
Gardening Club 8 am
Farkle 1-3 pm

30
Active Fitness 8-8:55 am
Active Fitness 9:05-10 am
Canasta 10-2 pm
Zentangle 10-11 am
Craft Ladies 10:30-2 pm
Beyond Wall Bingo 1 pm

31
PCOA EnhanceFitness
8:30-9:30 am
Mahjong 9:30-12 pm
Chair Strength 10-11 am