

JULY 2025

Mondays Recurring Events

10:30 am Gentle Stretch & Exercise with Shelly
11:30-12:30 pm Activity Hour with Kathy

07

11:30 - 12:30 pm Learn Spanish Class with Terri
*The Spanish class is full for this term. Please register for the next session after January 1, 2026. Thank you.

1 - 3 pm Card Bingo - Bring dimes & quarters
3:15-8 pm Charity Quilting with Sew & Glow

14

11:30 - 12:30 pm Learn Spanish Class with Terri
1 - 3 pm Prize Bingo \$2 Cards & Great Prizes

21

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28

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Wednesdays Recurring Events

10:30 am Chair Exercise with Ann
11:15 am Movement Exercise with Ann

02

Noon - Lunch provided by Chef Phil
Root Beer Floats for dessert!
Birthday Cake Provided by Resi @ McCully Realty
1:00 pm - Create a lace Flag by Kelly - Cost \$3

09

Noon - Lunch provided by
Andrew Nordby of Viking Properties
1 - 4 pm BOM2 Time to build your Quilt Top - Free

16

Lunch & Learn @ Noon - Lunch sponsored by the NMAC
Volunteers, Chicken & Potato Salad! Becki Hayes will
be highlighting the features and benefits that AARP has
to offer. Following the meal, Kelly will lead a paper
crafting class for all attendees.

23

Noon - Lunch provided by Cascade Park Retirement
1 - 4 pm Lynell's Sew Ditty Class - Cost: \$5 Kit

30

Noon - Lunch provided by Country Cottage Restaurant
1 - 4 pm Sit & Sew - BOM2 Catch up session

Special Events

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Lunch & Learn

You are invited to our Lunch & Learn Session on July 16th. Enjoy chicken and potato salad sponsored by NMAC volunteers while listening to a presentation by Becki Hayes, a dedicated volunteer with over 20 years of experience in aging-related issues. As a board member of NMAC, Becki will discuss AARP's valuable resources for individuals aged 50 and older and their families, covering topics such as discounts, website navigation, and expert guidance on healthy habits, caregiving, travel, social connections, and entertainment.

July Sewing Classes

Please note that sewing classes at the center take place on the second and fourth Wednesdays. We encourage you to register in advance to ensure we prepare the appropriate number of kits and sewing machines for all participants. All necessary supplies are included in the kit fees.

Additionally, following each class, we will host a Charity Sewing session. We invite you to stay and continue the fun!

Charity Sewing Thursday

10

Long Arm Quilting with Zumi from Noon - Close

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Long Arm Quilting with Zumi from Noon - Close

