


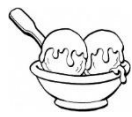

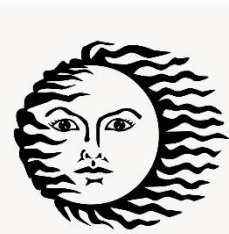




# July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Ogden Senior Center</b> 200 S UNION STREET SPENCERPORT, NY 14559 (585) 617-6126 M-W-F, 9-3	<b>1</b>	<b>2</b> 10:00-12:00 Hollie from Eldersource 11:30 Tops Bread Donation 11:30 Trivia! 12:00 Lunch 12:45 Rummikub	<b>3</b> I forgot day	<b>4</b> Closed for Independence Day! 
<b>7</b> 10:30 Coffee Hour 10:30 Chair Exercise 12:00 Lunch	<b>8</b>  Cow Appreciation Day	<b>9</b> 10:30-11:30 Chair Yoga with Jodi Pre-registration Required 11:30 Tops Bread Donation 12:00 Lunch 12:45 Rummikub	<b>10</b>	<b>11</b> 9:00 Mahjong 9:30-11:00 Lifespan: Aging Mastery Program Pre-registration Required 11:00 Therapy Dog 12:00 Lunch 12:45 Euchre Club 
<b>14</b> 10:30 Coffee Hour 10:30 Chair Exercise 12:00 Lunch 12:30 Sundae Monday! 	<b>15</b>	<b>16</b> 10:30-11:30 Chair Yoga with Jodi Pre-registration Required 11:30 Tops Bread Donation 12:00 Lunch 12:45 Rummikub	<b>17</b>	<b>18</b> 9:00 Mahjong 9:30-11:00 Lifespan: Aging Mastery Program Pre-registration Required 12:00 Lunch 12:45 Euchre Club
<b>21</b> 10:30 Coffee Hour 10:30 Chair Exercise 12:00 Lunch	<b>22</b>  National Hammock Day	<b>23</b> 10:30-11:30 Chair Yoga with Jodi Pre-registration Required 11:30 Tops Bread Donation 12:00 Lunch 12:45 Rummikub	<b>24</b> 	<b>25</b> 9:00 Mahjong 9:30-11:00 Lifespan: Aging Mastery Program Pre-registration Required 12:00 Lunch 12:45 Euchre Club
<b>28</b> 10:30 Coffee Hour  10:30 Chair Exercise 12:00 Lunch	<b>29</b>  National Rain Day	<b>30</b> 10:30-11:30 Chair Yoga with Jodi Pre-registration Required 11:30 Tops Bread Donation 12:00 Lunch 12:45 Rummikub	<b>31</b>	<i>"July, with its days of blue skies and time that seemingly stands still, holds a special place in my heart."</i> <i>~Daisaku Ikeda</i>