

July 2023 | You're invited—bring a friend!



| M  | T  | W  | TH  | F  |
|----|--|--|---|----|
| 3  | 4<br>Independence Day!<br>  | 5<br>Tai Chi 11:00 am<br>Learn this ancient Chinese tradition based in martial arts to stay active!<br>   | 6   | 7  |
| 10 | 11   | 12<br><br>Household Bingo! 2:00 pm<br>Come play bingo with us and you may save a trip to the store with household bingo!<br> | 13<br>Self-Defense Class! 2:00 pm<br>Guidance & tools to prepare you against threats with confidence & fearlessness!<br>   | 14 |
| 17 | 18<br>Tai Chi 11:00 am<br>Learn this ancient Chinese tradition based in martial arts to stay active!<br>  | 19   | 20  | 21 |
| 24 | 25   | 26   | 27<br>Self-Defense Class! 2:00 pm<br>Guidance & tools to prepare you against threats with confidence & fearlessness!<br> | 28 |
| 31 | <p>All activities in our center are FREE and you don't have to be a patient! So, bring your friends and family to enjoy with you! Complimentary snacks and drinks are always provided. We can't wait to see you!</p>  |  |   |    |



For more information or to RSVP, call or text Seth Mick at 502-918-0088.

CenterWell South 2nd  
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