





# JULY 2022 CALENDAR

MONTHLY THEME	MONDAY	TUESDAY
<p><b>CULINARY MONTH</b></p> 	<p>(v) = virtual programs listed on website &amp; Facebook  <a href="http://www.mainstcc.org">www.mainstcc.org</a>  <a href="http://www.facebook.com/mainstcc">www.facebook.com/mainstcc</a></p>	
<p><b>Book Suggestions:</b></p> <p><i>The Belly of Paris</i>  <i>The Joy Luck Club</i>  <i>The Hundred-Foot Journey</i>  <i>Julie and Julia</i></p>	<p><b>4 CENTER CLOSED</b></p> 	<p><b>5</b></p> <p>9:30am Walking Club  12:15pm Functional Fitness  12:30pm Mah Jongg  7:00pm Book Club</p>
<p><b>Movie Suggestions:</b></p> <p><i>The Joy Luck Club</i>  <i>The Hundred-Foot Journey</i>  <i>Julie and Julia</i>  <i>Dinner Rush</i></p>	<p><b>11</b></p> <p>9:00am Euchre  10:00am Arts &amp; History: Andy Worhol pop art (V)  12:00pm Pinochle</p>	<p><b>12</b></p> <p>9:30am Walking Club  12:15pm iMOVE &amp; Groove  12:30pm Mah Jongg</p>
	<p><b>18</b></p> <p>10:00am Arts &amp; History: LeCordon Bleu Paris (V)  12:00pm Pinochle</p>	<p><b>19</b></p> <p>9:30am Walking Club  12:15pm Functional Fitness  12:30pm Mah Jongg</p>
	<p><b>25</b></p> <p>9:00am Euchre  10:00am Arts &amp; History: Culinary Arts - Food is an Art (V)  11:00am Blood Pressure  12:00pm Pinochle</p>	<p><b>26</b></p> <p>9:30am Walking Club  12:15pm iMOVE &amp; Groove  12:30pm Mah Jongg</p>

# OF ACTIVITIES & EVENTS

WEDNESDAY	THURSDAY	FRIDAY
		<p><b>1</b> 12:00pm Contract Bridge 1:00pm Bingo</p>
<p><b>6</b> 7:00pm Tai Chi</p>	<p><b>7</b> 9:00am Strength Training for Women 10:30am Write Your Own Story 12:00pm Pinochle (Drop-In)</p>	<p><b>8</b> 1:00pm Bingo 3:00pm Travel: Philadelphia Food Tour (V)</p>
<p><b>13</b> 1:00pm Benefit Access, SHIP/SHAP, LiHEAP 1:00pm Tech Class for iPhones: iCloud 5:30pm Dining with Friends: Blue Violet 7:00pm Tai Chi</p>	<p><b>14</b> 9:00am Strength Training for Women 10:30am Write Your Own Story 11:00am Blood Pressure 12:00pm Pinochle (Drop-In) 1:00pm Book Club</p>	<p><b>15</b> 12:00pm Contract Bridge 1:00pm Bingo 3:00pm Travel: NYC (V)</p>
<p><b>20</b> 1:00pm Bunco 1:00pm Tech Class for Android Devices, Tablets and Computers/Laptops: Google Cloud 7:00pm Tai Chi</p>	<p><b>21</b> 9:00am Strength Training for Women 10:30am Write Your Own Story 12:00pm Pinochle (Drop-In) 4:00pm Happy Hour at The Cabin at Judy Creek</p>	<p><b>22</b> 12:00pm Contract Bridge 1:00pm Bingo 3:00pm Travel: Paris Food Tour (V)</p>
<p><b>27</b> 1:00pm Paralegal Services 7:00pm Tai Chi</p>	<p><b>28</b> 9:00am Strength Training for Women 10:30am Write Your Own Story 12:00pm Pinochle (Drop-In)</p> <p style="text-align: center;"><b>In the Heights Day Trip</b></p>	<p><b>29</b> 1:00pm Bingo 3:00pm Travel: Institute of Culinary Arts, NYC (V)</p>