



ACTIVE ADULT PROGRAMMING

BAY VIEW FAMILY BRANCH

JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Trainer Tips with Steve: Hydration 11:30 am to Noon	3	4	5
8	9	10 "Pickleball 101" with Jeff 10 - 11 am	11	12
15 Field Trip: Centerpointe Stables Register online 1 - 2 pm	16 Trainer Tips with Steve: Cardiovascular Health 11:30 am to Noon	17	18	19
22 Blood Pressure Office Hours with Rita 9:30 - 11 am	23	24	25	26
29	30 Trainer Tips with Steve: Exercise Routine Building 11:30 am to Noon	31		August 23: Monroe County's 20 th Annual Salute to Seniors at Ontario Beach Park - Register by 8/6 10 am - 2 pm