


July 2024

MON	TUE	WED	THU	FRI
1 <u>Pickleball</u> 9am - 12pm	2 <u>Chair Aerobics</u> 9 - 10am <u>Pickleball</u> 9am - 12pm <u>Basketball</u> 12 - 3pm	3 <u>Pickleball</u> 9am - 12pm <u>Basketball</u> 12 - 3pm	4  Independence Day US	5 <u>Pickleball</u> 9am - 12pm
8 <u>Pickleball</u> 9am - 12pm	9 <u>Chair Aerobics</u> 9 - 10am <u>Pickleball</u> 9am - 12pm <u>Basketball</u> 12 - 3pm	10 <u>Pickleball</u> 9am - 12pm <u>Basketball</u> 12 - 3pm	11 <u>Chair Aerobics</u> 9 - 10am <u>Pickleball</u> 9am - 12pm	12 <u>Pickleball</u> 9am - 12pm
15 <u>Pickleball</u> 9am - 12pm	16 <u>Chair Aerobics</u> 9 - 10am <u>Pickleball</u> 9am - 12pm <u>Basketball</u> 12 - 3pm	17 <u>Pickleball</u> 9am - 12pm <u>Basketball</u> 12 - 3pm	18 <u>Chair Aerobics</u> 9 - 10am <u>Pickleball</u> 9am - 12pm	19 <u>Pickleball</u> 9am - 12pm
22 <u>Pickleball</u> 9am - 12pm	23 <u>Chair Aerobics</u> 9 - 10am <u>Pickleball</u> 9am - 12pm <u>Basketball</u> 12 - 3pm	24 <u>Pickleball</u> 9am - 12pm <u>Basketball</u> 12 - 3pm	25 <u>Chair Aerobics</u> 9 - 10am <u>Pickleball</u> 9am - 12pm	26 <u>Pickleball</u> 9am - 12pm
29 <u>Pickleball</u> 9am - 12pm	30 <u>Chair Aerobics</u> 9 - 10am <u>Pickleball</u> 9am - 12pm <u>Basketball</u> 12 - 3pm	31 <u>Pickleball</u> 9am - 12pm <u>Basketball</u> 12 - 3pm	Special Events Ballroom Dancing - July 16 th , 7pm Co-ed Volleyball - August 12th	ROC Hours <u>Monday - Thursday</u> 8am - 5pm <u>Friday</u> 8am - 12pm