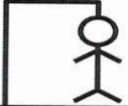


July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
		Bingo 	Hangman 	Presentation: Dancing For the 4th	Closed Holiday	
5	6	7	8	9	10	11
	Exercise 	Bingo 	Client Memories	Presentation: Vaya Health "Mental Health"	Puzzles 	
12	13	14	15	16	17	18
	Exercise 	Bingo 	Brenda with Bands 	Music Campers Sing along	Stride for Health 	
19	20	21	22	23	24	25
	Crafts 	Bingo 	Game Day!!! 	Presentation: Legal Aid "Wills"	Presentation: WNCSource "Food Safety"	
26	27	28	29	30	31	
	Exercise 	Bingo 	Scavenger Hunt 	Corn Hole 	Movie Day! 	

July 2026 Quebec Lunch Plus 828-862-4466 111846 Rosman Hwy

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mobile Library 1 st Wednesday			1 Game Axe Throwing	2 Lucy T HCA Health Care July 4th	3 Closed July 4th Holiday	4
5	6 Game Corn Hole	7 Bingo 	8 Fire Dept Safety	9 Sara K AARP Home Fit	10 Jennifer Bingo	11 2nd Thurs Rosman Town Hall Hunger Coalition 2:30-4PM
12	13 Game Fire Dept BP checks	14 Bingo 	15 Rosetta Craft	16 Brenda Broad River Info/Game	17 Mary Yoga	18
19	20 Game Ring Toss	21 Bingo 	22 Vaya Anxiety, Managing Neuro Injury	23 Jamie R Care Partners Pace Axe game	24 Heidi Summer Fruits & Veggies	25
26	27 Kim EMS BP cks	28 Bingo 	29 Charlotte SparkPoint Story collaboration	30 Jesus Alignment Health Trivia	31 7 Seas Aloha Travel Tips	
Happy Birthday Jerry 7/12	Happy Birthday MM Robert P 7/8 Caroline B 7/11 Gerald O 7/24	WNC Source 828.884.8855 Transport 828.884.3203 Kathy 706.831.2521 CLOSED July 3rd – No food delivery Bread of Life Food Truck 2:30-4 Bread of Life				 wncsource Older Adult Services Empowering people, transforming lives