












July		Aging Ahead- Quad Cities				2026			
		1511 Park Drive Crystal City, MD 63019							
		636-937-8333							
Monday		Tuesday		Wednesday		Thursday			
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<p>Center hours of operation Monday through Friday 9:00 am - 1:00 pm</p> <p>*All activities subject to change</p>		<p>Lunch is served daily 11:30 <b>RESERVATIONS REQUIRED</b> The suggested donation for all senior meals is \$8.00 All donations are appreciated</p>		<p>Non-denominational Bible Study 9:30-10:30</p> 		<p>Crafts with Shelley 10:00-11:30</p> 		<p><b>CENTER CLOSED</b> <b>AMERICA</b> <b>250</b> 1776</p>	
<p>6 <b>Bingo</b> \$3 or bring 2 prizes Theme: Anything Goes 10:00-11:00</p> <p>4th of July party 11:00</p>		<p>7 <b>SUPPORT COMMITTEE MEETING</b> 9:30-10:30</p> <p>Exercise with Faith 10:30-11:30</p>		<p>8 Non-denominational Bible Study 9:30-10:30</p> 		<p>9 <b>Bingo</b> with Festus VFW 10:00-11:00</p> 		<p>10 <b>Virtual Fitness</b> 9:00-9:30</p> <p><b>Game Day</b> 9:30-1:00</p>	
<p>13 <b>Bingo</b> \$3 or bring 2 prizes Theme: White Elephant (wrap your prize) 10:00-11:00</p>		<p>14 <b>Exercise with Faith</b> 10:30-11:30</p> 		<p>15 Non-denominational Bible Study 9:30-10:30</p> 		<p>16 <b>Bingo</b> with Autumn Ridge 10:00-11:00</p> 		<p>17 <b>Virtual Fitness</b> 9:00-9:30</p> <p><b>CIRKL Fitness</b> 9:30-10:15</p>	
<p>20 <b>Bingo</b> \$3 or bring 2 prizes Theme: SnACK Attack 10:00-11:00</p>		<p>21 <b>Exercise with Faith</b> 10:30-11:30</p> <p><b>Your Voice Matters Seminar</b> 12:30</p>		<p>22 Non-denominational Bible Study 9:30-10:30</p> 		<p>23 <b>MOVIE DAY!</b> 9:00-11:30 <b>The Intern</b></p> 		<p>24 <b>Virtual Fitness</b> 9:00-9:30</p> <p><b>Trivia</b> 9:30-10:00</p> <p><b>Birthday Party</b> 10:00-11:00</p>	
<p>27 <b>Bingo</b> \$3 or bring 2 prizes Theme: Pantry 10:00-11:00</p>		<p>28 <b>Exercise with Faith</b> 10:30-11:30</p> 		<p>29 <b>The King of Rock-n-Roll</b> <b>Elvis Impersonator!</b> 10:30</p> <p><b>RESERVATIONS REQUIRED</b></p>		<p>30 <b>MOVIE DAY!</b> 9:00-11:30 <b>Remarkably Bright Creatures</b></p> 		<p>31 <b>Virtual Fitness</b> 9:00-9:30</p> <p><b>GAME DAY</b> 9:30-1:00</p>	