



JULY | 2018

Riverview Towers Senior Center Activities

Riverview Towers
500 Scribner Drive
New Albany IN 47150
Site Mgr. Pat Sullivan/
Health & Wellness
812-557-6900

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Coffee & Conversation Mon-Fri 9:00-10:30 AM		Lunch Served Mon-Fri 10:45-11:15 AM	
2	3	4th of July Holiday! All Sites CLOSED	5 Tai Chi Chair Exercises 10-10:30 AM	6
9	10	11 JenCare BINGO 1:00 PM	12 Tai Chi Chair Exercises 10-10:30 AM	13 Heat Stroke Program 11:00 AM
16	17 Blood Pressure Screening 10:30 AM Baptist Health Cooking 6:30 PM	18	19 Tai Chi Chair Exercises 10-10:30 AM Peas & Carrots 10:30 AM	20
23	24	25	26 Tai Chi Chair Exercises 10-10:30 AM Purdue Nutrition 10:30 AM	27
30	31			



Be Aware of Symptoms
of HEAT Exhaustion

Sunday July 1
Tell a JOKE Day!

Wednesday July 4
Happy 4th!

Saturday July 14
Tape Measure Day

Friday July 20
Moon Day

Tuesday July 24
Cousins Day!