

July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 5:00 pm Introduction to Diabetes & Pre- Diabetes 5:00 pm Introduction to Diabetes & Pre- Diabetes	3 6:00 pm Music in the Park	4 1:00 pm Seniors Month - Healthy Aging Series for Seniors with Dr. Shilpi Gupta	5
6	7	8	9	10 6:00 pm Music in the Park	11 9:30 am Food and Friends: 55+ Social Breakfast Program	12
13 2:00 pm Summer Sizzler Golf Tournament	14	15 11:00 am CSC - Lunch & Learn	16 11:45 am CSC - Special Lunch	17 6:00 pm Music in the Park 7:00 pm Downsizing And Lifestyles Information Event	18 9:30 am Food and Friends: 55+ Social Breakfast Program	19
20 12:00 am National Drowning Prevention Week 2025	21 12:00 am National Drowning Prevention Week 2025	22 12:00 am National Drowning Prevention Week 2025	23 12:00 am National Drowning Prevention Week 2025	24 12:00 am National Drowning Prevention Week 2025 6:00 pm Music in the Park	25 12:00 am National Drowning Prevention Week 2025 9:30 am Food and Friends: 55+ Social Breakfast Program 5:15 pm CSC - Monthly Dinner	26 12:00 am National Drowning Prevention Week 2025 12:00 pm Water Safety Community Event
27	28	29 1:00 pm Generations in the Kitchen	30	31 5:30 pm House of Hockey 6:00 pm Music in the Park		