













# July's Calendar Abingdon Senior Center

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276-628-3911 [abgseniorcenter@bvunet.net](mailto:abgseniorcenter@bvunet.net)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> <b>7 am</b> Men's Bible Study <b>10 am</b> Wolf Hills F.A.N. Club, open to seniors 60 & over <b>5pm</b> Free line dancing lessons <b>6:30pm</b> Music Jam with a light dinner for \$6.00 starting at 5:45 Line Dancing and Music Jam Open to all ages 	<b>2 Closed</b>	<b>3</b> <b>12-4 pm</b> Abingdon Bridge Club 
<b>4</b>	<b>5</b> <b>7:00</b> Meals on Wheels <b>1 pm</b> Poker <b>1:30</b> Bowling is canceled today but resumes on the 12 <sup>th</sup> .	<b>6</b> <b>9:30 am</b> Free Breakfast sponsored by the Home Nursing Service of Southwest VA  <b>9:30 am</b> Quilters & Fiber Arts <b>10 am</b> Break a leg group <b>10 am</b> -Mah Jong <b>10:30 am</b> Stained Glass <b>11 am</b> - Bible study by Trigg St Church <b>7-10 pm</b> Easy Bridge	<b>7</b> <b>7:00</b> Meals on Wheels <b>10-2 pm</b> Alzheimer's Day Care <b>10:30 am</b> Bridge <b>7-8:30 pm</b> Ballroom Dancing Lessons with Ashby Dickerson <i>Lessons are open to all ages**Free suggested donation of \$5.00**</i>	<b>8</b> <b>7 am</b> Men's Bible Study <b>10 am</b> Wolf Hills F.A.N. Club, open to seniors 60 & over will make stepping stones today in group. <b>5pm</b> Free line dancing lessons. <b>6:30pm</b> Music Jam with a light dinner for \$6.00 starting at 5:45 Line Dancing and Music Jam Open to all ages 	<b>9</b> <b>10-12 pm</b> Open Stained Glass <b>1-3</b> Support Group for Depression & Bi-Polar	<b>10</b> <b>12-4 pm</b> Abingdon Bridge Club 
<b>11</b>	<b>12</b> <b>7:00</b> Meals on Wheels <b>10 am</b> Wolf Hills F.A.N. Club, open to seniors 60 & over <b>1 pm</b> Poker <b>1:30</b> Abingdon Senior Center Bowling League. \$6.00 for 3 games and \$2.00 shoe rental. Meet at bowling Alley. If you need a ride meet at center at 1:00	<b>13</b> <b>9:00 am</b> Free Breakfast sponsored by the Home Nursing Service of Southwest VA  <b>9:30 am</b> Quilters & Fiber Arts <b>10 am</b> -Mah Jong <b>10:30 am</b> Stained Glass room open for working on projects. 11am Bible Study by Trigg St Church <b>7-10 pm</b> Easy Bridge	<b>14</b> <b>7:00</b> Meals on Wheels <b>10-2 pm</b> Alzheimer's Day Care <b>10:30 am</b> Bridge <b>6:30- 8 pm</b> KATA <b>7-8:30 pm</b> Ballroom Dancing Lessons With Ashby Dickerson <i>Lessons are open to all ages**Free suggested donation of \$5.00**</i>	<b>15</b> <b>7 am</b> Men's Bible Study <b>10 am</b> Wolf Hills F.A.N. Club, open to seniors 60 & over <b>1:00</b> Stepping Stones <b>5pm</b> Free line dancing lessons <b>6:30pm</b> Music Jam with a light dinner for \$6.00 starting at 5:45 Line Dancing and Music Jam Open to all ages 	<b>16</b> <b>10-12 pm</b> Open Stained Glass come work on a project. There will be a teacher in the room today to offer free lessons to anyone who wants to learn stained glass. <b>1-3</b> Support Group for Depression & Bi-Polar	<b>17</b> <b>12-4 pm</b> Abingdon Bridge Club
<b>18</b>	<b>19</b> <b>7:00</b> Meals on Wheels <b>10 am</b> Wolf Hills F.A.N. Club, open to seniors 60 & over <b>1 pm</b> Poker <b>1:30</b> Abingdon Senior Center Bowling League. \$6.00 for 3 games and \$2.00 shoe rental. Meet at bowling Alley. If you need a ride meet at center at 1:00	<b>20</b> <b>11 am</b> - Bible study by Trigg St Church <b>11:30</b> Birthday Social Celebrating Picnic Month. Bring your favorite picnic item! <b>1:00</b> Bingo by Home Nursing Company Inc. <b>9:30 am</b> Quilters & Fiber Arts <b>10 am</b> -Mah Jong <b>10:30 am</b> Stained Glass room open for working on projects. <b>11 am</b> - Bible study by Trigg St Church <b>7-10 pm</b> Easy Bridge	<b>21</b> <b>7:00</b> Meals on Wheels <b>10-2 pm</b> Alzheimer's Day Care <b>10:30 am</b> Bridge <b>7-8:30 pm</b> Ballroom Dancing Lessons With Ashby Dickerson <i>Lessons are open to all ages**Free suggested donation of \$5.00**</i>	<b>22</b> <b>7 am</b> Men's Bible Study <b>10 am</b> Wolf Hills F.A.N. Club, open to seniors 60 & over <b>5pm</b> Free line dancing lessons <b>6:30pm</b> Music Jam with a light dinner for \$6.00 starting at 5:45 Line Dancing and Music Jam Open to all ages 	<b>23</b> <b>10-12 pm</b> Open Stained Glass <b>1-3</b> Support Group for Depression & Bi-Polar  <h2 style="text-align: center;">Ballroom Dance begins at 8:00</h2> Come at 7:00 for lessons.  <b>Prime Rib and Crab Legs dinner .....</b> see flyer for more information.	<b>24</b> <b>12-4 pm</b> Abingdon Bridge Club  <b>6pm</b> Game Night & Potluck Dinner
<b>25</b>	<b>26</b> <b>7:00</b> Meals on Wheels <b>10 am</b> Wolf Hills F.A.N. Club, open to seniors 60 & over <b>1 pm</b> Poker <b>1:30</b> Abingdon Senior Center Bowling League. \$6.00 for 3 games and \$2.00 shoe rental. Meet at bowling Alley. If you need a ride meet at center at 1:00	<b>27</b> <b>9:00 am</b> Free Breakfast sponsored by the Home Nursing Service of Southwest VA  <b>9:30 am</b> Quilters & Fiber Arts <b>10 am</b> -Mah Jong <b>10:30 am</b> Stained Glass <b>11 am</b> - Bible study by Trigg St Church <b>7-10 pm</b> Easy Bridge	<b>28</b> <b>7:00</b> Meals on Wheels <b>10-2 pm</b> Alzheimer's Day Care <b>10:30 am</b> Bridge <b>7-8:30 pm</b> Ballroom Dancing Lessons With Ashby Dickerson <i>Lessons are open to all ages**Free suggested donation of \$5.00**</i>	<b>29</b> <b>7 am</b> Men's Bible Study <b>10 am</b> Wolf Hills F.A.N. Club, open to seniors 60 & over <b>5pm</b> Free line dancing lessons <b>6:30pm</b> Music Jam with a light dinner for \$6.00 starting at 5:45 Line Dancing and Music Jam Open to all ages 	<b>30</b> <b>10-12 pm</b> Open Stained Glass Come work on your project. There will be a teacher in the room today to offer free lessons to anyone who wants to learn stained glass. <b>1-3</b> Support Group for Depression & Bi-Polar	<b>31</b> <b>12-4 pm</b> Abingdon Bridge Club

★ Starred events request reservations. To reach the Catering please call 276-206-8299 for all other calls dial 276-628-3911.

Check us out on the Web at [WWW.abgseniorcenter.Com](http://WWW.abgseniorcenter.Com) and become our friend on facebook Abingdon Senior