

## JULY EVENTS

Date	Time	Event	Speakers	Notes
July 3 July 10 July 31	8:45am Beginners 10:00am Intermediate	Pickleball Clinics	Albert Noda USA Pickleball Assoc. Ambassador	Must pre-register Fee - \$5.00 Per Session
Wednesday 11	11 am	Social Security Disability Multi Purpose Room	Attorney Michael Wells Jr.	Must pre-register Free
Tuesday 10	6pm	Diet, Exercise & Healthy Behaviors Multi Purpose Room	Joyce Hudgins, Certified Health Coach	Must pre-register Free
Thursday 12	11am	Healthy Rhythms Community Drumming Class YWCA Café	John Beck, Professor of Percussion, UNCSA	Must pre-register Free
Thursday 12	3pm - 4:45pm	BINGO Multi Purpose Room	Emma	Must pre-register \$ 2 per person
Monday 16	11am	Volunteers Needed: Healthy Aging Research Study - West Wing	Deborah Barr, MA, MCHES, RHEd Wake Forest Baptist Hospital	Must pre-register Free
Monday 16	11am	Stigma – Lunch & Learn Multi Purpose Room	Cardinal Health	Must pre-register Free
Tuesday 17	5:30pm- 8:30pm	Spinal Screening Multi Purpose Room	Brittian Chiropractic Center	Must pre-register Free
Wednesday 18	12 noon	Ask the Doctor - Eyecare Multi Purpose Room	Dr. Harrell	Must pre-register Free
Thursday 19	10:45am – 12:00pm	Annual Member Gathering Light Refreshments Door Prizes Gymnasium	CEO Christy Respass	Must pre-register at front desk
Monday 23	11 am	Summer Hair Care Tips Multi Purpose Room	April Gilliam	Must pre-register Free
Tuesday 24	5:30 pm	Green Smoothie Cleanse & Wellness Tips Multi Purpose Room	Corey Roman, RN, MSN, CHN, Health Coach	Must pre-register Free
Thursday 26	11 am	Gutcheck: change your food, change your mood	Dr. Jessica Lee Maximized Living	Must pre-register Free
Every Monday	Noon	Dominoes Game Day YWCA Cafe	Consuelo Kral	Must pre-register Free
Every Wednesday	11 am	Bible Study West Wing	David Davis	Must pre-register Free