

The Rec Room

SENIOR PROGRAM

Tuesdays 9:30AM-12:30PM

July Calendar

TUE, JULY 7TH

**No Rec Room
Today!**

**See you
next week!**



Other Local Events to Check Out

Farmer Appreciation

July 11th to 12th

Parade, live music,
farmers market,
fireworks and more!
Thank you farmers!



Town Square

July 11th to 27th

Chamber of Commerce's
Town Square! Enjoy live
music, local food and
activities!



TUE, JULY 14TH

Morning Stretch

10:00AM-10:20AM

Nancy Anderson
from **Exhale** will lead
a stretching class for all
levels and mobility.



Tech Help for YOU

10:30AM-
11:30AM

Get one-on-one from tech
expert, Izzy Vaughan.



Is that AI?

OATS | OLDER ADULTS
TECHNOLOGY
SERVICES
FROM AARP

11:30AM-12:30PM

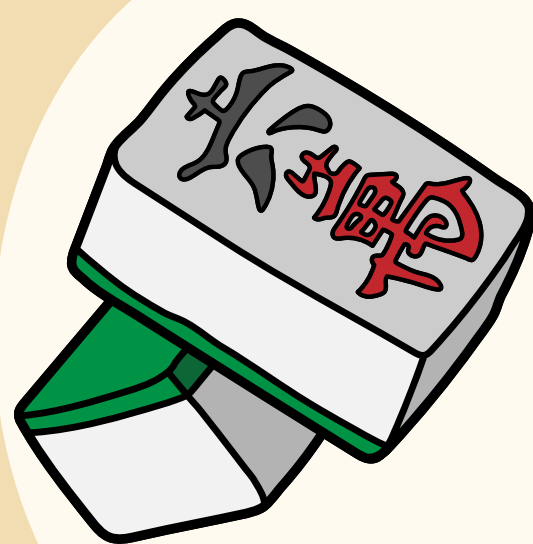
Learn from Nancy Ashmore from the
Dodgeville Library about how to
identify AI in your day-to-day life!

TUE, JULY 21ST

Mah Jong

9:30AM-12:30PM

A classic tile-based
game of strategy,
skill, and a little
luck.



Cards & Board Games

9:30AM-
12:30PM

Play cards or
our board
games.



Therapy Dog in Training

9:30AM-12:30PM

Meet Lucy, a Standard
Poodle puppy, that is in
training to be a therapy
dog that visits hospitals,
nursing homes, etc.



TUE, JULY 28TH

Painting Class

9:30AM-11:30AM

Free guided painting
class! Materials
provided. Paint a
lake evening with
dragonflies!



Potluck

11:30AM-12:30PM

Bring a dish to pass and
share a meal! Homemade
or store bought. Can't
cook? We always need
help with dishes!

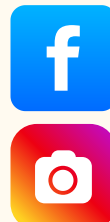
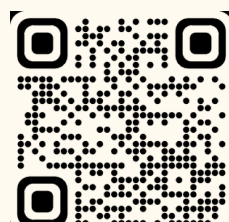


**1000s of Free Veggie,
Herb, & Flower Seed
Packs! All Month!!**

***SCHEDULE SUBJECT TO CHANGE, CHECK WEBSITE, MAILING LIST, OR SOCIAL MEDIA FOR UPDATES**



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Merrimac and Main
[merrimacandmain](https://www.facebook.com/merrimacandmain)

Activities free for Seniors /
Non-Seniors \$2+ Suggested
Donation