




JULY 2010

BAYPORT SENIOR CENTER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Drop in anytime for a cup of coffee or a glass of iced tea. Real diabetes superfood. The avocado.. The avocado provides an excellent dose of those good-for-you unsaturated fatty acids. Avocados deliver almost 20 vitamins, minerals, and phyto-Nutrients the special plant chemicals that convey myriad health benefits. An avocado contains 17 grams of carbohydrate and an impressive 11 grams of fiber. That is half of the daily recommended minimum intake of fiber.				1	2 Center Closed	3
4 Happy 4th of July 	5 9:00-11:30 Weigh In For Up & At It	6 9:00-11:30 Weigh In For Up & At It 9:30 Beginning Bridge 12:30 500/Cards	7 9:00-11:30 Weigh In For Up & At It	8	9	10
11	12	13 9:30 Beginning Bridge	14 1:00 Square Dancing	15	16 10:00 Bingo	17
18	19 11:30 Senior Meeting 12:30 Mexican Train Dominoes	20 9:30 Beginning Bridge 12:30 500/Cards	21	22 BRATS & BANJOS 5-6 Brat Picnic 5:30-7:15 Music By Banjo Bandits & Jack Frost "Dem Bones"	23	24
25	26	27 9:30 Beginning Bridge 12:30 Men & Women's Koob	28 8:30 Men's Waffle Breakfast	29	30	31