

## HSRC's Arcata Site Activities Calendar of Events for July 2022

### MONDAYS:

The Arcata Heritage Café and senior activities are closed every Monday.

### TUESDAYS:

Every	Frozen Meal Weekly Distribution	11:30 a.m.-12:15 p.m.
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### WEDNESDAYS:

Every	Tai Chi Continuing Practice	10:00 a.m. – 11:00 a.m.
Every	Tai Chi for Beginners	11:15 a.m. – 12:15 p.m.
Every	Lunch	11:30 a.m.-1:00 p.m.

### THURSDAYS:

Every	Lunch	11:30 a.m.-1:00 p.m.
July 21	Commodities Distribution	10:30-11:00 a.m.

### FRIDAYS:

Every	Lunch	11:30 a.m.-1:00 p.m.
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These activities are located at the Arcata Community Center at 321 Dr. Martin Luther King Jr Parkway. Contact Michael at Heritage Café, phone 707-825-2027, for more information.

## HSRC's Eureka Site Activities Calendar of Events for July 2022

### MONDAYS:

Every	Lunch	11:30 a.m.-1:00 p.m.
Every	Mah Jongg	9:30 a.m.-12:30 p.m.
Every	Ping Pong	3:00 p.m. - 4:00 p.m.

### TUESDAYS:

Every	Lunch	11:30 a.m.-1:00 p.m.
Every	Ukulele Group	3:00 p.m. - 4:00 p.m.
July 25	Stamp Club	6:00-9:00 p.m.

### WEDNESDAYS:

Every	Lunch	11:30 a.m.-1:00 p.m.
Every	Beginner/Improver Level Line Dancing with Sue	2:15 – 4:00 p.m.
July 20	Commodities Distribution	10:00-11:30 a.m.

### THURSDAYS:

Every	Frozen Meal Weekly Distribution	11:30 a.m.-12:15 p.m.
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### FRIDAYS:

Every	Chi Gong and Sun style Tai Chi for arthritis	10:00 a.m.-11:00 a.m.
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For more information on Eureka activities please contact the Activities Desk at 707-443-9747 ext 1240.