



JULY 2010

"THE BULLETIN BOARD"
SICA HALL SENIOR CENTER
1065 DAYTONA AVE.
HOLLY HILL, FLORIDA 32117
 Senior Center Interim Manager
 Amy Boswell
Phone # 386-236-2997

MARK YOUR JULY CALENDAR
MAKE YOUR RESERVATIONS FOR
OUR LUNCH AND LEARN SEMINAR
JULY 16TH 10:30A.M. HOMEOWNERS
AND AUTO INSURANCE! FREE
LUNCH MADE BY FRAPPES.

JULY IS MEMBERSHIP RENEWAL
MONTH! PLEASE CHECK THE
POSTED LIST ON THE BULLETIN
BOARD FOR YOUR STATUS. JOIN!!

MONDAY

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|-----------------------------------|---------------|-------------------------|------------------------|
| Walking Club | FREE | 9:00 a.m. - 9:30 a.m. | LET'S CONTINUE TO GROW |
| SICA Chair Exercise | Donation | 9:30 a.m. - 10:00 a.m. | Easy to Follow Video |
| PO -KE -NO & 31 Cards | Donation | 10:00 a.m. - 12:00 p.m. | Cards and Fun |
| BINGO | \$1.00/\$2.00 | 1:00 p.m. - 3:45 p.m. | Have Fun -Win \$ |
| Have A Great JULY 4 th | Firecracker! | Firecracker! | Boom Boom! |
| Closed JULY 5 th 2010 | Make a Note! | | |

TUESDAY

| | | | |
|-----------------------------|---------------------|-------------------------|------------------------------------|
| SICA Chair Exercise | Donation | 9:30 a.m - 10:00 a.m. | Easy to Follow Video |
| Poker | Donation | 10:00 a.m - 1:00 p.m. | Newcomers Welcome! |
| Travels with Sheryl | Free | 11:00 a.m. - 12:00 a.m. | Trip to Sarasota June 17th |
| Singles Group | Donation | 12:00 p.m. - 2:00 p.m. | Large group of fun!! |
| Dance Lessons w/Herb&Evelyn | \$6.00/\$30.00/5Wks | 12:30 p.m.-1:30p.m. | Starting in June. Call to sign up. |
| Social Dance | \$3.50/\$4.50 | 2:00 p.m. - 4:00 p.m. | Frankie K's Trio -Live Band |

WEDNESDAY

| | | | |
|---------------------------------|---------------|------------------------|---|
| Walking Club | FREE | 9:00 a.m. - 9:30a.m. | Make new friends!! |
| SICA Chair Exercise | Donation | 9:30 a.m. - 10:00 a.m. | Easy to Follow Video |
| Spanish Class | \$4.00/5.00 | 9:30 a.m. - 11:00 a.m. | Intermediate/ on break |
| PO-KE-NO & 31 Cards | FREE | 10:00am -12:00 p.m. | FUN |
| Blood Pressure | FREE | 11:30 a.m.-12:30 p.m. | 2 nd and 4 th Wed. July 14 & 28 |
| Doll Collecting Expert & Repair | \$1.00/\$2.00 | 12:15a.m.- 1:15p.m. | Learn Doll Values to Collect |
| BINGO | \$1.00/\$2.00 | 1:00 a.m.-3:45 p.m. | Great Payouts & Snacks |

THURSDAY

| | | | |
|---------------------|---------------|------------------------|--------------------------------------|
| SICA Chair Exercise | Donation | 9:30 am . 10:00 a.m. | Easy to Follow Video |
| Creative Writing | Donation | 10:00 a.m.-2:00 p.m. | Serious writers critiquing writings. |
| Wii Bowling | FREE | 10:00 a.m. - 11:00p.m. | This is really fun. |
| Poker | Donation | 12:00 - 3:00 p.m. | Lots of Laughs |
| Line Dancing | \$3.00/\$4.00 | 2:00 p.m. - 3:00 p.m. | New Instructor, Call for info |

FRIDAY

| | | | |
|---------------------|---------------|-----------------------|----------------------------|
| Walking Club | FREE | 9:00 a.m. - 9:30 a.m. | Get Moving |
| SICA Chair Exercise | Donation | 9:30 a.m.- 10:00 a.m. | Easy to Follow Video |
| Hand and Foot | \$.50/\$1.00 | 10:30A.M.-2:00 p.m. | Fun Group |
| Men's Singing Group | Donation | 10:00a.m-12:00 | Join the chorus |
| Movie /Popcorn | Donation | 12:30 p.m.-2:30 p.m. | Call Tuesday for the Title |
| Spanish Class | \$4.00/\$5.00 | 1:00 p.m. - 3:30 p.m. | Intermediate |

Special Events

JULY 19TH 10:30A.M. COA Seminar Lunch and Learn "Home Owner and Auto Insurance" presented by Randall Brown. Sign up now, FREE LUNCH MADE BY FRAPPES. Seating is limited, please call Amy for reservations at 386-236-2997. Beginning AUGUST 24th the FL Dept. of Health will be presenting "Living Healthy...Put Life Back in Your Life". This will be for 6 weeks, from 9:30 to 12 noon, and space is limited so SIGN UP NOW!! Water and healthy snacks provided!

We Provide Congregate Dining daily, beginning at 11:30a.m.. Please call Joyce to reserve seating .A \$3.00donation is appreciated. Bingo is played beginning at 9:15a.m. prior the serving of lunch. Come join the fun.

We alsooffer Meals on Wheels delivery. Call 253-4700 For more information.



Council on Aging of Volusia County, in partnership with the community, promotes healthy, independent living through caring, competent and compassionate services.

Council on Aging of Volusia County, 160 N. Beach St., Daytona Beach, FL 32114 Phone: 386-253-4700 Fax: 386-253-6300
www.daytonaseniorservices.org

Holly Hill SICA Hall Senior Center is managed by the Council on Aging of Volusia County in partnership with the City of Holly Hill.