



MARTIN LUTHER KING RECREATION CENTER

JULY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 INDEPENDENCE DAY (Observed)	4 INDEPENDENCE DAY
5	6 Meals on Wheels 8-1pm Chair Aerobics 6pm-7pm	7 Meals on Wheels 8-1pm Karate 5:30-6:30pm 100 Black Men 6:30-8:30pm	8 Meals on Wheels 8-1pm Chair Aerobics 6pm-7pm	9 Meals on Wheels 8-1pm Pastor Steven 6:30-8:30pm	10 Meals on Wheels 8-1pm	11
12	13 Meals on Wheels 8-1pm Chair Aerobics 6pm-7pm	14 Meals on Wheels 8-1pm Karate 5:30-6:30pm 100 Black Men 6:30-8:30pm	15 Meals on Wheels 8-1pm Chair Aerobics 6pm-7pm	16 Meals on Wheels 8-1pm Pastor Steven 6:30-8:30pm	17 Meals on Wheels 8-1pm	18
19	20 Meals on Wheels 8-1pm Chair Aerobics 6pm-7pm	21 Meals on Wheels 8-1pm Karate 5:30-6:30pm 100 Black Men 6:30-8:30pm	22 Meals on Wheels 8-1pm Chair Aerobics 6pm-7pm	23 Meals on Wheels 8-1pm Pastor Steven 6:30-8:30pm	24 Meals on Wheels 8-1pm	25
26	27 Meals on Wheels 8-1pm Chair Aerobics 6pm-7pm	28 Meals on Wheels 8-1pm Karate 5:30-6:30pm 100 Black Men 6:30-8:30pm	29 Meals on Wheels 8-1pm Chair Aerobics 6pm-7pm	30 Meals on Wheels 8-1pm Pastor Steven 6:30-8:30pm	31 Meals on Wheels 8-1pm	
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