

July 2009

## *Ceres Gleann Events and Activities*



### Special July Events

**July 8** – Pizza Night  
at Wallery's Pizza

**June 9** –  
Gentlemen's  
Breakfast at  
McGraths

**July 11** – Pancake  
Breakfast

**July 16** – Ladies  
Luncheon at Orchard  
Heights Winery

**July 19** - Ice Cream  
Social

### Monthly Activities/Groups - Ongoing

Beading

Book Club

Cards  
(Playing)

Card Making

Community  
Garden

Monday Morning  
Coffee

Fitness – Stretch &  
Tone

Fitness – Cardio

Fitness - Pilates

Garden Parties  
(Fridays in  
July/August

\*Hiking

\*Genealogy  
Group Library

Line Dancing  
– Beginning  
and

\*Activities  
suspended during  
winter months