

Elly in the Kitchen

Wednesday, July 22
Noon - \$8

- Hash brown
- Breakfast Casserole
- Biscuits and Gravy
- Pecan Rolls

Potluck

Wednesday, July 1
Noon

4th of July Party
Please sign up in the Hub

Pizza Party

Wednesday

July 29

12:00p

Pizza Hut Pizza

12:30pm

Bingo

1:30

Choose a Game

Pizza Hut personal pan-\$5.00

**(Pay at the front desk
before 4pm - 5/26)**

Open Painting Fun Day

July 7

9:30a-11:30a

**Bring your own supplies
and paint the first
Tuesday of every month
(No extra charge/No
Instructor)**



Happenings 2026



Open

Monday - Friday

8:00a-4:00p

\$6/Month

**(Regular and Decaf Coffee
Included)**

Phone: 715.670.0790

**The Hub active adult center is a
wonderful space in the Lunda
Community Center for those 55+ to
come in and make new friends,
learn new skills, socialize, enjoy a
cup of coffee, play cards and enjoy
a variety of programs and
activities.**

Happy BIRTHDAY

7/2 Susan Schwab

7/4 Karen Foust

7/6 Leroy Wiersma

7/7 Dawn Severson

7/10 David Price

7/15 Diane Andre

7/24 Kitti Young

7/24 Joy Fossum

7/25 Shirley Paulley

7/28 Jim Arena

7/30 Patsy Elrod



Guest Speaker

Ilkay Baseski, RDN, CD

Tuesday, July 21 12-1p

- Could eating differently lower my risk of heart attack, diabetes, or stroke?
- How can I get tasty meals with more vegetables and less red meat?
- Is a Mediterranean diet right for me?

To learn more, join Ilkay Baseski, Registered Dietitian, in a seminar and cooking demonstration.

Exercise Opportunities

Tuesdays - 10a-10:45a

\$1.00 - Sign-Up at the Front Desk.

Instructor

Katie Larkin

**Hub's Functional Flow and
Balance class:** This class will
begin with chair flexibility to start
the flow of your day and will
transition to functional standing
balance tasks (chairs available)
to encourage and maintain your
stability. If no Functional Flow
class DVD will play instead.
(Must be a Hub Member)

Thursdays - 10a-10:45a

Strength DVD Chair Exercise

Dominoes

10am -Every

Monday

and

Friday



Card Playing Schedule

Monday

Bridge
12:30p-
4:00p

Tuesday

Euchre
9:00a-
11:30a

Wednesday
Sheepshead

8:00a-
11:30a

Thursday

500
1:00p-4:00p

Friday

Choose a
Game

OR

Euchre
10:00a

Movie

Wednesday
July 15

1pm

Popcorn

Included

The Intern

An American
comedy drama .

The film stars
Robert De Niro,
Anne Hathaway,
and Rene Russo.

The plot follows a
70-year-old
widower who
becomes a senior
intern at a
fashion website,
where he forms
an unlikely
friendship with
the company's
workaholic CEO.

**Coffee
With
a Cop**



First Thursday of
Every Month -
11am
All Welcome/No
Hub Membership
Needed.

**HUB
July
2026**



WEDNESDAY 7/1

8:00a-11:30a
Sheepshead

Noon
Potluck 4th party

1pm

THURSDAY 7/2

10:00a-10:45a
Strength DVD

11:00a-Noon
Coffee With a Cop

1:00p-4:00p
500
And
Scrabble

FRIDAY 7/3

10:00a
Choose a
Game
Or
Euchre

10:00a
Dominoes

MONDAY 7/6

10:00a
Dominoes

12:30p-4:00p
Bridge

TUESDAY 7/7

9:00a-11:30a
Euchre

9:30a-11:30a
Open Painting
Fun Day.

10:00a - 10:45a
Functional Flow

WEDNESDAY 7/8

8:00a-11:30a
Sheepshead

THURSDAY 7/9

10:00a-10:45a
Strength DVD

1:00p-4:00p
500
And
Scrabble

FRIDAY 7/10

10:00a
Choose a
Game
Or
Euchre

10:00a
Dominoes

MONDAY 7/13

10:00a
Dominoes

12:30p-4:00p
Bridge

TUESDAY 7/14

9:00a-11:30a
Euchre

10:00a - 10:45a
Functional Flow

WEDNESDAY 7/15

8:00a-11:30a
Sheepshead

1:00pm
Movie

THURSDAY 7/16

10:00a-10:45a
Strength DVD

1:00p-4:00p
500
And
Scrabble

FRIDAY 7/17

10:00a
Choose a
Game.
Or
Euchre
10:00a
Dominoes

MONDAY 7/20

10:00a
Dominoes

12:30p-4:00p
Bridge

TUESDAY 7/21

9:00a-11:30a
Euchre

10:00a - 10:45a
Functional Flow
Chair Exercise

Noon
Guest Speaker

WEDNESDAY 7/22

8:00a-11:30a
Sheepshead

Noon
Lunch

THURSDAY 7/23

10:00a-10:45a
Strength DVD

1:00p-4:00p
500
And
Scrabble

FRIDAY 7/24

10:00a
Choose a
Game
OR
Euchre

10:00a
Dominoes

MONDAY 7/27

10:00a
Dominoes

12:30p-4:00p
Bridge

TUESDAY 7/28

9:00a-11:30a
Euchre

10:00a - 10:45a
Functional Flow

WEDNESDAY 7/29

8:00a-11:30a
Sheepshead

Noon
Pizza Hut Pizza

12:30p
Bingo
1:30p
Choose a Game

THURSDAY 7/30

10:00a-10:45a
Strength DVD

1:00p-4:00p
500
And
Scrabble

FRIDAY 7/31

10:00a
Choose a
Game
OR
Euchre

10:00a
Dominoes