

<i>Monday</i>			<i>Tuesday</i>			<i>Wednesday</i>			<i>Thursday</i>			<i>Friday</i>			
Walking Group	9:00 AM	01	<b>Escape from Albania</b>	<b>10:00 AM</b>	02	Friendship Circle	8:30 AM	03	<i>Senior Center Closed 4th of July Holiday</i>	04	Walking Group	9:00 AM	05		
Ceramics	9:30 AM		Beginner Line Dancing	10:00 AM		Walking Group	9:00 AM				Ceramics	9:30 AM			
Strength & Flex	10:00 AM		Advanced Line Dancing	11:00 AM		Stronger Seniors	9:15 AM				Bingo	10:00 AM			
Light & Lively	11:00 AM		Lunch	12:00 PM		Blood Pressure Drop In	9:30 AM				Strength & Flex	10:00 AM			
Lunch	12:00 PM		Mahjong	12:30 PM		Strength & Flex	10/11:00 AM				Light & Lively	11:00 AM			
Body Sculpt	12:30 PM		Water & Oil	1:00 PM		Lunch	12:00 PM				Lunch	12:00 PM			
Pinochle	12:30 PM		Advanced Tai Chi	1:30 PM		Body Sculpt/Social Bridge	12:30 PM				Setback	12:30 PM			
Light & Lively	1:20 PM		Beginner Tai Chi	2:30 PM		Dominoes	12:45 PM				Advanced Tai Chi	12:30 PM			
Yoga	2:20/3:20 PM					Light & Lively	1:20 PM				Cribbage	12:45 PM			
						Yoga	2:20/3:20 PM				Beginner Tai Chi	1:30 PM			
Walking Group	9:00 AM	08	Beg inner Line Dancing	10:00 AM	09	Friendship Circle	8:30 AM	10	Samba	9:00 AM	11	Walking Group	9:00 AM	12	
Ceramics	9:30 AM		Advanced Line Dancing	11:00 AM		Walking Group	9:00 AM		Scrabble	9:30 AM		Ceramics	9:30 AM		
Strength & Flex	10:00 AM		Lunch	12:00 PM		Stronger Seniors	9:15 AM		Cardio Drumming	10:00 AM		Bingo	10:00 AM		
Light & Lively	11:00 AM		Mahjong	12:30 PM		Blood Pressure Drop In	9:30 AM		Wii Bowling	10:00 AM		Strength & Flex	10:00 AM		
Lunch	12:00 PM		<b>Movie: Wonder</b>	<b>1:00 PM</b>		Strength & Flex	10/11:00 AM		Cornhole	11:00 AM		Light & Lively	11:00 AM		
Body Sculpt	12:30 PM		Water & Oil	1:00 PM		Lunch	12:00 PM		Lunch	12:00 PM		Lunch	12:00 PM		
Pinochle	12:30 PM		Advanced Tai Chi	1:30 PM		Body Sculpt/Social Bridge	12:30 PM		Chair Volleyball	12:30 PM		Setback	12:30 PM		
Music Circle	1:00 PM		Beginner Tai Chi	2:30 PM		Dominoes	12:45 PM		Duplicate Bridge	12:30 PM		Advanced Tai Chi	12:30 PM		
Light & Lively	1:20 PM					Light & Lively	1:20 PM		Hand & Foot/Quilting	1:00 PM		Cribbage	12:45 PM		
Yoga	2:20/3:20 PM					Yoga	2:20/3:20 PM		Zumba Gold	2:30 PM		Beginner Tai Chi	1:30 PM		
										<b>File of Life—Appointment Only</b>					
Walking Group	9:00 AM	15	<b>Paint Class</b>	<b>9:30 AM</b>	16	Friendship Circle	8:30 AM	17	Samba	9:00 AM	18	Walking Group	9:00 AM	19	
Ceramics	9:30 AM		Beginner Line Dancing	10:00 AM		Walking Group	9:00 AM		Scrabble	9:30 AM		Ceramics	9:30 AM		
Strength & Flex	10:00 AM		<b>Book Group</b>	<b>10:30 AM</b>		Stronger Seniors	9:15 AM		Cardio Drumming	10:00 AM		Bingo	10:00 AM		
Light & Lively	11:00 AM		Advanced Line Dancing	11:00 AM		Blood Pressure Drop In	9:30 AM		Wii Bowling	10:00 AM		Strength & Flex	10:00 AM		
Lunch	12:00 PM		Lunch	12:00 PM		Strength & Flex	10/11:00 AM		Cornhole	11:00 AM		Light & Lively	11:00 AM		
Body Sculpt	12:30 PM		Mahjong	12:30 PM		<b>Newcomers Meeting</b>	<b>11:00 AM</b>		Lunch	12:00 PM		Lunch	12:00 PM		
Pinochle	12:30 PM		Watercolor & Oil	1:00 PM		Lunch	12:00 PM		Chair Volleyball	12:30 PM		Setback	12:30 PM		
Light & Lively	1:20 PM		Advanced Tai Chi	1:30 PM		Body Sculpt/Social Bridge	12:30 PM		Duplicate Bridge	12:30 PM		Advanced Tai Chi	12:30 PM		
Yoga	2:20/3:20 PM		Beginner Tai Chi	2:30 PM		Dominoes	12:45 PM		<b>Summer Social</b>	<b>1:00 PM</b>		Cribbage	12:45 PM		
						Light & Lively	1:20 PM		Hand & Foot/Quilting	1:00 PM		Beginner Tai Chi	1:30 PM		
				Yoga	2:20/3:20 PM	Zumba Gold	2:30 PM								
<b>AARP Smart Driver Course</b>	<b>8:45 AM</b>	22	Beginner Line Dancing	10:00 AM	23	<b>Fall Program/Lottery Registration Starts Today</b>			24	Samba	9:00 AM	25	Walking Group	9:00 AM	26
Walking Group	9:00 AM		Advanced Line Dancing	11:00 AM		Friendship Circle	8:30 AM	Scrabble		9:30 AM	Ceramics		9:30 AM		
Ceramics	9:30 AM		Lunch	12:00 PM		Walking Group	9:00 AM	Cardio Drumming		10:00 AM	Bingo		10:00 AM		
Strength & Flex	10:00 AM		Mahjong	12:30 PM		Stronger Seniors	9:15 AM	Wii Bowling		10:00 AM	Strength & Flex		10:00 AM		
Light & Lively	11:00 AM		Watercolor & Oil	1:00 PM		Blood Pressure Drop In	9:30 AM	Cornhole		11:00 AM	Light & Lively		11:00 AM		
Lunch	12:00 PM		Advanced Tai Chi	1:30 PM		Strength & Flex	10/11:00 AM	Lunch		12:00 PM	Lunch		12:00 PM		
Body Sculpt	12:30 PM		Beginner Tai Chi	2:30 PM		<b>Medication Take Back</b>	<b>10:30 AM</b>	Chair Volleyball		12:30 PM	Setback		12:30 PM		
Pinochle	12:30 PM					Lunch	12:00 PM	Duplicate Bridge		12:30 PM	Advanced Tai Chi		12:30 PM		
Music Circle	1:00 PM					Body Sculpt/Social Bridge	12:30 PM	Hand & Foot/Quilting		1:00 PM	Cribbage		12:45 PM		
Light & Lively	1:20 PM					Dominoes	12:45 PM	Zumba Gold		2:30 PM	Beginner Tai Chi		1:30 PM		
Yoga	2:20/3:20 PM			Light & Lively	1:20 PM										
				Yoga	2:20/3:20 PM										
Walking Group	9:00 AM	29	Lunch	12:00 PM	30	Friendship Circle	8:30 AM	31	<i>July 2024</i>				<b>Available every day: 8:30 AM—4:15 PM Billiards Computer Room Ping Pong</b>		
Strength & Flex	10:00 AM		Mahjong	12:30 PM		Walking Group	9:00 AM								
Light & Lively	11:00 AM		Watercolor & Oil	1:00 PM		Stronger Seniors	9:15 AM								
Lunch	12:00 PM		Advanced Tai Chi	1:30 PM		Blood Pressure Drop In	9:30 AM								
Body Sculpt	12:30 PM		Beginner Tai Chi	2:30 PM		Strength & Flex	10/11:00 AM								
Pinochle	12:30 PM					<b>Birthday Lunch</b>	<b>12:00 PM</b>								
Light & Lively	1:20 PM					Body Sculpt/Social Bridge	12:30 PM								
Yoga	2:20/3:20 PM					Dominoes	12:45 PM								
				Light & Lively	1:20 PM										
				Yoga	2:20/3:20 PM										