

<i>Monday</i>			<i>Tuesday</i>			<i>Wednesday</i>			<i>Thursday</i>			<i>Friday</i>			
JUNE			2024			Available every day: <i>8:30 AM—4:15 PM</i>									
Walking Group	9:00 AM	03	PAINT CLASS	9:30 AM	04	Friendship Circle	8:30 AM	05	Samba	9:00 AM	06	Walking Group	9:00 AM	07	
Ceramics	9:30 AM		Responsible AI/Beg Line Dance	10:00 AM		Walking Group/Wood Shop	9:00 AM		Scrabble	9:30 AM		Ceramics	9:30 AM		
Strength & Flex	10:00 AM		Advanced Line Dancing	11:00 AM		Stronger Seniors	9:15 AM		Cardio Drumming	10:00 AM		Bingo	10:00 AM		
Light & Lively	11:00 AM		Lunch	12:00 PM		Blood Pressure Drop In	9:30 AM		Wii Bowling	10:00 AM		Strength & Flex	10:00 AM		
Lunch	12:00 PM		Mahjong	12:30 PM		S&F/ ECHN Diabetes Prevention	10/11:00 AM		Cornhole	11:00 AM		Light & Lively	11:00 AM		
Body Sculpt/Pinochle	12:30 PM		Red Hats	1:00 PM		CPR Awareness	11:00 AM		Lunch	12:00 PM		Lunch	12:00 PM		
Biking Group	1:00 PM		Water & Oil	1:00 PM		Lunch	12:30 PM		Duplicate Bridge/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		Square Dancing	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		Quilting	1:00 PM		Cribbage	12:45 PM		
			Celebrate Manchester Line Dance— 6:00PM			Light & Lively	1:20 PM		Hand & Foot/ Hiking Group	1:00 PM		Beginner Tai Chi	1:30 PM		
				Yoga	2:20/3:20 PM	Zumba Gold	2:30 PM	Foot Care—By Appointment							
Walking Group	9:00 AM	10	Beginner Line Dancing	10:00 AM	11	Friendship Circle	8:30 AM	12	Samba	9:00 AM	13	Walking Group	9:00 AM	14	
Ceramics	9:30 AM		Therapy Dogs	10:30AM		Walking Group/Wood Shop	9:00 AM		Scrabble	9:30 AM		Ceramics	9:30 AM		
Strength & Flex	10:00 AM		Advanced Line Dancing	11:00 AM		Stronger Seniors	9:15 AM		Wii Bowling	10:00 AM		Bingo	10:00 AM		
Food Scrap Drop Off Program	10:00 AM		Lunch	12:00 PM		Blood Pressure Drop In	9:30 AM		Women's Self Defense Seminar	10:00 AM		Strength & Flex	10:00 AM		
Light & Lively	11:00 AM		Mahjong	12:30 PM		S&F/ ECHN Diabetes Prevention	10/11:00 AM		Cornhole	11:00 AM		Light & Lively	11:00 AM		
Lunch	12:00 PM		Movie: A Man Called Otto	1:00 PM		Newcomer's Meeting	11:00AM		Lunch	12:00 PM		Lunch	12:00 PM		
Body Sculpt	12:30 PM		Watercolor & Oil	1:00 PM		Lunch	12:00 PM		Duplicate Bridge/Chair Volleyball	12:30 PM		Setback	12:30 PM		
Pinochle	12:30 PM		Advanced Tai Chi	1:30 PM		Body Sculpt/Social Bridge	12:30 PM		Square Dancing	12:30 PM		Advanced Tai Chi	12:30 PM		
Music Circle	1:00 PM		Beginner Tai Chi	2:30 PM		Dominoes	12:45 PM		Hand & Foot/Quilting	1:00 PM		Cribbage	12:45 PM		
Light & Lively	1:20 PM					Light & Lively	1:20 PM					Beginner Tai Chi	1:30 PM		
Yoga	2:20/3:20 PM			Yoga	2:20/3:20 PM										
AARP SMART DRIVER CLASS	8:45 AM	17	AARP Smart DriverTEK	10:00 AM	18	JUNETEENTH SENIOR CENTER IS CLOSED			19	Zumba Gold	2:30 PM	20	Walking Group	9:00 AM	21
Walking Group	9:00 AM		Beginner Line Dancing	10:00 AM						Samba	9:00 AM		Ceramics	9:30 AM	
Ceramics	9:30 AM		Book Group	10:30 AM						Scrabble	9:30 AM		Bingo	10:00 AM	
Strength & Flex	10:00 AM		Advanced Line Dancing	11:00 AM						Cardio Drumming	10:00 AM		Strength & Flex	10:00 AM	
Light & Lively	11:00 AM		Advanced Line Dancing	11:00 AM						Wii Bowling	10:00 AM		Light & Lively	11:00 AM	
Lunch	12:00 PM		Lunch	12:00 PM						Cornhole	11:00 AM		Lunch	12:00 PM	
Body Sculpt/Pinochle	12:30 PM		Mahjong	12:30 PM						Lunch	12:00 PM		Setback	12:30 PM	
Biking Group	1:00 PM		Watercolor & Oil	1:00 PM						Duplicate Bridge/Chair Volleyball	12:30 PM		Advanced Tai Chi	12:30 PM	
Light & Lively	1:20 PM		Advanced Tai Chi	1:30 PM						Square Dancing	12:30 PM		Cribbage	12:45 PM	
Yoga	2:20/3:20 PM		Beginner Tai Chi	2:30 PM						Hand & Foot/Quilting/ Popsicles	1:00 PM		Beginner Tai Chi	1:30 PM	
				Zumba Gold	2:30 PM	Foot Care—By Appointment									
						File of Life—By Appointment									
Walking Group	9:00 AM	24	Beginner Line Dancing	10:00 AM	25	Friendship Circle	8:30 AM	26	Samba	9:00 AM	27	Walking Group	9:00 AM	28	
Ceramics	9:30 AM		Advanced Line Dancing	11:00 AM		Walking Group/Wood Shop	9:00 AM		Scrabble	9:30 AM		Ceramics	9:30 AM		
Strength & Flex	10:00 AM		Advanced Line Dancing	11:00 AM		Blood Pressure Drop In	9:30 AM		Wii Bowling	10:00 AM		Bingo	10:00 AM		
Light & Lively	11:00 AM		Lunch	12:00 PM		ECHN Diabetes Prevention	10:00 AM		Cornhole	11:00 AM		Lunch	12:00 PM		
Lunch	12:00 PM		Mahjong	12:30 PM		Birthday Lunch	12:00 PM		Lunch	12:00 PM		Setback	12:30 PM		
Body Sculpt/Pinochle	12:30 PM		Watercolor & Oil	1:00 PM		Social Bridge	12:30 PM		Duplicate Bridge/Chair Volleyball	12:30 PM		Advanced Tai Chi	12:30 PM		
Music Circle	1:00 PM		Advanced Tai Chi	1:30 PM		Dominoes	12:45 PM		Square Dancing	12:30 PM		Cribbage	12:45 PM		
Light & Lively	1:20 PM		Beginner Tai Chi	2:30 PM		Yoga	2:20/3:20 PM		Hand & Foot/Quilting	1:00 PM		Beginner Tai Chi	1:30 PM		
Yoga	2:20/3:20 PM								Zumba Gold	2:30 PM					