

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b> 8:15 Walking (3 mile) 8:15 Body Form &amp; Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) 11:00 Adv. Balance Class (new session) <b>12:00 Summer Yoga Class</b> 1:00 <i>Movie-Saving Grace</i> 1:00 H.O.P.E <b>1:30 Line Dancing Cancelled</b></p>	<p><b>4</b></p> <p><b>Senior Center Closed Fourth of July</b></p> 	<p><b>5</b> 8:30 Walking (3 mile) 8:30 Body Form &amp; Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch &amp; Tone (DVD) 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p>	<p><b>6</b> 8:15-9:15 Strength Tr 9:15-10:15 Yoga 9:30 Walking (3 mile) 10:30 Walking (2 mile) 10:00 French Group 10:15 Ballroom Dancing 12:30 Lunch 1:00 Investment Group 2:00 Balance Class 3:00-3:45 Zumba</p>	<p><b>7</b> 8:15 Tai Chi 8:15-9:00 Strength Tr. 9:15-10:00 Yoga 9:15 Chinese Hour 9-12 Billiards 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise <b>12:00 B/P Screening</b> 12:30 Lunch <b>1:00 Bingo</b></p>
<p><b>10</b> 8:15 Walking (3 mile) 8:15 Body Form &amp; Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) 11:00 Adv. Balance Class <b>12:00 Summer Yoga Class</b> 1:00 <i>Movie-Hidden Figures</i> 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing</p>	<p><b>11</b> 8:30-9:15 Strength Tr. 8:30 Walking (3 mile) 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Needlework 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic</p>	<p><b>12</b> 8:30 Walking (3 mile) 8:30 Body Form &amp; Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch &amp; Tone (DVD) 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg <b>1:00 &amp; 2:30 S.H.I.P</b></p>	<p><b>13</b> 8:15-9:15 Strength Tr 9:15-10:15 Yoga 9:30 Walking (3 mile) 10:30 Walking (2 mile) 10:00 French Group 12:30 Lunch <b>12:30 Qigong</b> 1:00 Investment Group 2:00 Balance Class 3:00-3:45 Zumba</p> <p><b>TRIP</b> <i>Down the shore Long Branch NJ</i></p> 	<p><b>14</b> 8:15 Tai Chi 8:15-9:00 Strength Tr. 9:15-10:00 Yoga 9:15 Chinese Hour 9-12 Billiards 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:30 Delay the Disease <b>1:00 BBQ</b></p>
<p><b>17</b> 8:15 Walking (3 mile) 8:15 Body Form &amp; Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) <b>10:00 Hearing Screening</b> 11:00 Adv. Balance Class <b>12:00 Summer Yoga Class</b> 1:00 <i>Movie-Tender Mercies</i> 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing</p>	<p><b>18</b> 8:30-9:15 Strength Tr. 8:30 Walking (3 mile) 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Needlework 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic</p>	<p><b>19</b> 8:30 Walking (3 mile) 8:30 Body Form &amp; Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch &amp; Tone (DVD) 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p>	<p><b>20</b> 8:15-9:15 Strength Tr 9:15-10:15 Yoga 9:30 Walking (3 mile) 10:30 Walking (2 mile) 10:00 French Group 12:30 Lunch 1:00 Investment Group 2:00 Balance Class 3:00-3:45 Zumba</p>	<p><b>21</b> 8:15 Tai Chi 8:15-9:00 Strength Tr. 9:15-10:00 Yoga 9:15 Chinese Hour 9-12 Billiards 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:30 Lunch 12:30 Delay the Disease <b>1:00 Opera</b></p>
<p><b>24</b> 8:15 Walking (3 mile) 8:15 Body Form &amp; Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) <b>10:30 Retiree Group “ Meet the new Chief of Police”</b> 11:00 Adv. Balance Class <b>12:00 Summer Yoga Class</b> 1:00 <i>Movie-Lion</i> 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing</p>	<p><b>25</b> 8:30-9:15 Strength Tr. 8:30 Walking (3 mile) 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Needlework 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic (last session) <b>2:00 Talking About Books</b></p>	<p><b>26</b> 8:30 Walking (3 mile) 8:30 Body Form &amp; Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch &amp; Tone (DVD) 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p> <p><b>Trip Trenton Thunder</b></p>	<p><b>27</b> 8:15-9:15 Strength Tr 9:15-10:15 Yoga 9:30 Walking (3 mile) 10:30 Walking (2 mile) 10:00 French Group 12:30 Lunch 1:00 Investment Group 2:00 Balance Class <b>Zumba Cancelled</b></p>	<p><b>28</b> 8:15 Tai Chi 8:15-9:00 Strength Tr. 9:15-10:00 Yoga 9:15 Chinese Hour 9-12 Billiards 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:30 Lunch 12:30 Delay the Disease <b>1:00 Bingo</b></p>
<p><b>31</b> 8:15 Walking (3 mile) 8:15 Body Form &amp; Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) 11:00 Adv. Balance Class <b>12:00 Summer Yoga Class</b> 1:00 <i>Movie-La La Land</i> 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing</p>				