

| Monday | Tuesday | Wednesday | Thursday | Friday |
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|  |  |  | <p>1 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 10:00 Tech Help 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance Class 3:00-3:45 Zumba (last session)</p> | <p>2 8:15 Tai Chi 8:15-9:00 Strength Tr. 9:15-10:00 Yoga 9-12 Billiards 9:15 Chinese Hour 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:00 B/P Screening 12:30 Lunch 12:30 Delay the Disease 1:00 Bingo</p> |
| <p>5 8:15 Walking (3 mile) 8:15 Body Form & Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) 10:00 Glucose & B/P 10:30 Watercolor Art 11:00 Adv. Balance Class 12:30 Lunch 1:00 Movie- Fences 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing 3:00 Stretching Class</p> | <p>6 Election Primary Walking classes in Double Room Canceled Acrylic Class Canceled</p> <p>8:30-9:15 Strength Tr. 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Spanish Class 10:00 Needlework (copy room) 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge TRIP</p> | <p>7 8:30 Walking (3 mile) 8:30 Body Form & Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p> | <p>8 8:15-9:15 Strength Tr 9:15-10:15 Yoga 9:30 Walking (3 Mile) 10:00 Smile Mercer County 10:30 Walking (2 mile) 10:00 French Group 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance Class 3:00-3:45 Zumba (new session)</p> | <p>9 8:15 Tai Chi 8:15-9:00 Strength Tr. 9:15-10:00 Yoga 9-12 Billiards 9:15 Chinese Hour 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:30 Lunch 12:30 Delay the Disease 1:00 Bingo</p> |
| <p>12 8:15 Walking (3 mile) 8:15 Body Form & Fitness 9:00 Chair Yoga 9:15 Walking CANCELED 10:00 AARP Safe Driving (Activity Room) 12:30 Lunch 1:00 Movie-Manchester by the Sea 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing 3:00 Stretching Class</p> | <p>13 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 Spanish Class 10:00 Needlework 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic (new session)</p> | <p>14 8:30 Walking (3 mile) 8:30 Body Form & Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg 1:30 & 2:45 S.H.I.P</p>  | <p>15 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 10:00 Tech Help 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 12:30 QiQong 12:30 Colorful Creations 1:00 Investment Group 2:00 Balance Class 3:00-3:45 Zumba</p> | <p>16 8:15 Tai Chi 8:15-9:00 Strength Tr. 9:15-10:00 Yoga 9-12 Billiards 9:15 Chinese Hour 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:30 Lunch 12:30 Delay the Disease 2:00 Music Apprec.</p> |
| <p>19 8:15 Walking (3 mile) 8:15 Body Form & Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) 11:00 Adv. Balance Class 10:30 Watercolor Art 12:30 Lunch 1:00 Movie- In America 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing 3:00 Stretching Class</p> | <p>20 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 10:00 Spanish Class 10:30 Meditation 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic</p> | <p>21 8:30 Walking (3 mile) 8:30 Body Form & Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg First Day of Summer</p>  | <p>22 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 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance Class (last session) 3:00-3:45 Zumba</p> | <p>23 8:15 Tai Chi 8:15-9:00 Strength Tr. 9:15-10:00 Yoga 9-12 Billiards 9:15 Chinese Hour 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:30 Lunch 12:30 Delay the Disease 1:00 Bingo</p> |
| <p>26 8:15 Walking (3 mile) 8:15 Body Form & Fitness 9:00 Chair Yoga 9:15 Walking (2mile) 11:00 Adv. Balance Class (last Class) 1:00 Movie- Genius 1:00 H.O.P.E 1:30 Line Dancing</p> | <p>27 8:30-9:15 Strength Tr. 8:30 Walking (3mile) 9:15 Walking (2mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Needlework 10:00 Spanish Class 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic 2:00 Talking About Books</p> | <p>28 8:30 Walking (3 mile) 8:30 Body Form & Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p> | <p>29 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 10:00 Tech Help 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance Class (new Session) 3:00-3:45 Zumba</p> | <p>30 8:15 Tai Chi 8:15-9:00 Strength Tr. * 9:15-10:00 Yoga 9-12 Billiards 9:15 Chinese Hour 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:30 Lunch 1:00 Adult CPR Class</p> |

