


JULY 2024

(609) 799-9068

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| 1 | 2 | 3 | 4 | 5 |
| 9:15 Form & Function - Kelly (activity room) 10:15 Yoga - Kelly (activity room) 11:00 Art of Oil Painting -Zakia (double classroom) \$\$\$ 11:30 Strength - Ed (activity room) 1:00 - 3:00 Session 2 - H.O.P.E. (library) | 8:30 Strength - Kelly (activity room) 9:30 Qigong Class (activity room) 09:00 Spanish 1 - Nelida (library/ ZOOM) \$\$\$ 10:00 Spanish 2- Nelida (library/ ZOOM) \$\$\$ 11:30 Chair, Stretch & Tone - Lisa (activity room) 1:15 Strength - Mark (activity room) | 8:15 Walking (double classroom) 9:15 Form & Function- Kelly (activity room) 10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 2:50 International Ballroom (activity room) \$\$\$ 3:00 Tech-Mate Program |  SENIOR CENTER CLOSED | 8:15 Walking (double classroom) 8:30 Strength - Lisa (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dance Class (activity room) 11:00 Strength - Anna ZOOM |
| 8 | 9 | 10 | 11 | 12 |
| 9:15 Form & Function - Kelly (activity room) 10:15 Yoga - Kelly (activity room) 11:00 Art of Oil Painting -Zakia (double classroom) \$\$\$ 11:30 Strength - Ed (activity room) 1:00 - 3:00 Session 3 - H.O.P.E. (library) | 8:30 Strength - Kelly (activity room) 09:00 Spanish 1 - Nelida (library/ZOOM) \$\$\$ 9:30 Qigong Class (activity room) 10:00 Spanish 2 - Nelida (library/ZOOM) \$\$\$ 11:30 Chair, Stretch & Tone- Kelly (activity room) 1:15 Strength - Mark (activity room) | 8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 2:50 International Ballroom (activity room) \$\$\$ | 8:15 Total Body Toning - Vin (activity room) 9:30 Yoga- Mireille (activity room) 10:00 Art of Watercolor - Margaret (double classroom) \$\$\$ 11:00 Cardio - Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba - Vin (activity room) \$\$\$ | 8:15 Walking (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dance Class (activity room) 1:00 Opera Appreciation (activity room) |
| 15 | 16 | 17 | 18 | 19 |
| 9:15 Form & Function - Kelly (activity room) 10:15 Yoga - Kelly (activity room) 11:00 Art of Oil Painting- Zakia (double classroom) \$\$\$ 11:30 Strength -Ed (activity room) 1:00 What Happened to Local News in America Lecture-Ken Herts (activity room) 1:00 - 3:00 Session 4 - H.O.P.E. (library) | 8:30 Strength - Kelly (activity room) 9:00 Spanish 1- Nelida (library/ZOOM) \$\$\$ 9:30 Qigong Class (activity room) 10:00 Spanish 2 -Nelida (library/ZOOM) \$\$\$ 11:30 Chair, Stretch & Tone - Lisa (activity room) 1:15 Strength - Mark (activity room) | 8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) SHIP Counselor 9:30, 10:45, 12:00 10:00 Why Am I Dizzy? - Lecture (double classroom) 10:00 Balance -Anna ZOOM 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 2:50 International Ballroom (activity room) \$\$\$ 3:15 Tech-Mate Program | SENIOR CENTER CLOSED | 8:15 Walking (double classroom) 9:00 Summer Safety with The Health Dept (lobby) 8:30 Strength - Lisa (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dance Class (activity room) 11:00 Strength - Anna ZOOM 1:00 On Stage Seniors (activity room) |
| 22 | 23 | 24 | 25 | 26 |
| 9:15 Form & Function - Kelly (activity room) 10:15 Yoga-Kelly (activity room) 11:00 Art of Oil Painting- Zakia (double classroom) \$\$\$ 11:30 Strength - Ed (activity room) 1:00 - 3:00 Session 5-H.O.P.E. (library) | 8:30 Strength - Kelly (activity room) 9:30 Walking (activity room) 10:00 Balance Screening (double classroom) 09:00 Spanish 1- Nelida (library/ZOOM) \$\$\$ 10:00 Spanish 2- Nelida (library/ ZOOM) \$\$\$ 11:30 Chair, Stretch & Tone- Lisa (activity room) 1:00 Bingo (double classroom) 1:15 Strength - Mark (activity room) | 8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) 10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 2:50 International Ballroom (activity room) \$\$\$ | 8:15 Total Body Toning- Vin (activity room) 9:30 Yoga - Kelly (activity room) 10:00 Art of Watercolor- Margaret (double classroom) \$\$\$ 11:00 Cardio - Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba - Vin (activity room) \$\$\$ 2:30 FOWWSC Board Meeting (double classroom) | 8:15 Walking (double classroom) 8:30 Strength - Lisa (activity room) 9:30 Chinese Hour - Sylvia (library) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dance Class (activity room) 11:00 Strength- Anna ZOOM |
| 29 | 30 | 31 | | |
| 9:15 Form & Function - Kelly (activity room) 10:15 Yoga - Kelly (activity room) 11:00 Art of Oil Painting - Zakia (double classroom) \$\$\$ 11:30 Strength - Ed (activity room) 1:00 - 3:00 Session 6 - H.O.P.E. (library) | 8:30 Strength - Kelly (activity room) 09:00 Spanish 1 -Nelida (library/ ZOOM) \$\$\$ 09:30 Walking (activity room) 10:00 Spanish 2- Nelida (library/ZOOM) \$\$\$ 11:30 Chair, Stretch & Tone - Lisa (activity room) 1:15 Strength- Mark (activity room) 2:00 Book Club(library) | 8:15 Walking (double classroom) 9:15 Form & Function -Kelly (activity room) 10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 2:50 International Ballroom (activity room) \$\$\$ | | |