JULY 2024

(609) 799-9068

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:15 Form & Function -	2 8:30 Strength - Kelly	3 8:15 Walking	4	5 8:15 Walking
(activity room)	(activity room) 9:30 Qigong Class	(double classroom) 9:15 Form & Function- Kelly	***	(double classroom) 8:30 Strength - Lisa
10:15 Yoga - Kelly (activity room) 11:00 Art of Oil Painting	(activity room) 09:00 Spanish 1 - Nelida	(activity room) 10:00 Balance - Anna ZOOM	HAPPY	(activity room) 9:30 Chinese Hour - Sylvia
-Zakia (double classroom)	(library/ ZOOM) \$\$\$ 10:00 Spanish 2- Nelida	11:00 Chair Yoga - Ed (activity room)	4th of July!	(double classroom) 09:30 Tai Chi - Hsueh
11:30 Strength - Ed (activity room)	(library/ ZOOM) \$\$\$ 11:30 Chair, Stretch & Tone -	11:45 Duplicate Bridge (double classroom)	And the second s	(activity room) 10:45 Bollywood Dance Class
1:00 - 3:00 Session 2 - H.O.P.E.	Lisa (activity room) 1:15 Strength - Mark	2:50 International Ballroom (activity room) \$\$\$	SENIOR CENTER	(activity room) 11:00 Strength - Anna ZOOM
(library)	(activity room)	3:00 Tech-Mate Program	CLOSED	12
9:15 Form & Function - Kelly (activity room)	8:30 Strength - Kelly (activity room)	8:15 Walking (double classroom)	8:15 Total Body Toning - Vin (activity room)	8:15 Walking (activity room)
10:15 Yoga - Kelly	09:00 Spanish 1 - Nelida (library/ZOOM) \$\$\$	9:15 Form & Function - Kelly (activity room)	9:30 Yoga- Mireille	9:30 Chinese Hour - Sylvia (double classroom)
(activity room) 11:00 Art of Oil Painting	9:30 Qigong Class (activity room)	11:00 Chair Yoga - Ed (activity room)	(activity room) 10:00 Art of Watercolor -	09:30 Tai Chi - Hsueh (activity room)
-Zakia (double classroom) \$\$\$	10:00 Spanish 2 - Nelida (library/ZOOM) \$\$\$	11:45 Duplicate Bridge (double classroom)	Margaret (double classroom) \$\$\$	10:45 Bollywood Dance Class (activity room)
11:30 Strength - Ed (activity room)	11:30 Chair, Stretch & Tone- Kelly	2:50 International Ballroom (activity room) \$\$\$	11:00 Cardio - Linda (activity room)	1:00 Opera Appreciation (activity room)
1:00 - 3:00 Session 3 - H.O.P.E. (library)	(activity room) 1:15 Strength - Mark		1:00 Investment Group (double classroom)	
	(activity room)	17	1:00 Zumba - Vin (activity room) \$\$\$	10
9:15 Form & Function -	8:30 Strength - Kelly	17 8:15 Walking	18	19 8:15 Walking
Kelly (activity room)	(activity room)	(double classroom)		(double classroom)
10:15 Yoga - Kelly (activity room)	9:00 Spanish 1- Nelida (library/ZOOM) \$\$\$	9:15 Form & Function - Kelly (activity room)		9:00 Summer Safety with The Health Dept (lobby)
11:00 Art of Oil Painting- Zakia (double classroom)	9:30 Qigong Class (activity room)	SHIP Counselor 9:30, 10:45, 12:00	SENIOR	8:30 Strength - Lisa (activity room)
\$\$\$ 11:30 Strength -Ed	10:00 Spanish 2 -Nelida (library/ZOOM) \$\$\$	10:00 Why Am I Dizzy? - Lecture (double classroom)	CENTER	9:30 Chinese Hour - Sylvia (double classroom)
(activity room)	11:30 Chair, Stretch & Tone - Lisa (activity room)	10:00 Balance -Anna ZOOM	CLOSED	09:30 Tai Chi - Hsueh
1:00 What Happened to Local News in America Lecture-Ken Herts	1:15 Strength - Mark (activity room)	11:00 Chair Yoga - Ed (activity room)		(activity room) 10:45 Bollywood Dance Class
(activity room) 1:00 - 3:00		11:45 Duplicate Bridge (double classroom)		(activity room) 11:00 Strength - Anna ZOOM
Session 4 - H.O.P.E. (library)		2:50 International Ballroom (activity room) \$\$\$		1:00 On Stage Seniors (activity room)
22	23	3:15 Tech-Mate Program	25	26
9:15 Form & Function -	8:30 Strength - Kelly	8:15 Walking	8:15 Total Body Toning- Vin	8:15 Walking
Kelly (activity room)	(activity room) 9:30 Walking	(double classroom) 9:15 Form & Function - Kelly	(activity room) 9:30 Yoga - Kelly	(double classroom) 8:30 Strength - Lisa
10:15 Yoga-Kelly (activity room)	(activity room) 10:00 Balance Screening	(activity room) 10:00 Balance - Anna ZOOM	(activity room) 10:00 Art of Watercolor-	(activity room) 9:30 Chinese Hour - Sylvia
11:00 Art of Oil Painting- Zakia (double classroom) \$\$\$	(double classroom) 09:00 Spanish 1- Nelida	11:00 Chair Yoga - Ed (activity room)	Margaret (double classroom) \$\$\$	(library) 09:30 Tai Chi - Hsueh
11:30 Strength - Ed (activity room)	(library/ZOOM) \$\$\$ 10:00 Spanish 2- Nelida	11:45 Duplicate Bridge (double classroom)	11:00 Cardio - Linda (activity room)	(activity room) 10:45 Bollywood Dance Class
1:00 - 3:00 Session 5-H.O.P.E.	(library/ ZOOM) \$\$\$ 11:30 Chair, Stretch & Tone-	2:50 International Ballroom (activity room) \$\$\$	1:00 Investment Group (double classroom)	(activity room) 11:00 Strength- Anna ZOOM
(library)	Lisa (activity room) 1:00 Bingo		1:00 Zumba - Vin (activity room) \$\$\$	
	(double classroom) 1:15 Strength - Mark		2:30 FOWWSC Board Meeting (double classroom)	
20	(activity room)	21		
9:15 Form & Function - Kelly	8:30 Strength - Kelly (activity room)	8:15 Walking (double classroom)		
(activity room) 10:15 Yoga - Kelly	09:00 Spanish 1 -Nelida (library/ ZOOM) \$\$\$	9:15 Form & Function -Kelly (activity room)		
(activity room) 11:00 Art of Oil Painting	09:30 Walking (activity room)	10:00 Balance – Anna ZOOM		
- Zakia (double classroom) \$\$\$	10:00 Spanish 2- Nelida (library/ZOOM) \$\$\$	11:00 Chair Yoga - Ed (activity room)		
11:30 Strength - Ed (activity room)	11:30 Chair, Stretch & Tone - Lisa (activity room)	11:45 Duplicate Bridge (double classroom)		
1:00 - 3:00 Session 6 - H.O.P.E. (library)	1:15 Strength- Mark (activity room)	2:50 International Ballroom (activity room) \$\$\$		
\ a. y/	2:00 Book Club(library)			