

JULY 2024

(609) 799-9068

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