JULY 2024

(609) 799-9068

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
9:15 Form & Function – Kelly (activity room)	8:30 Strength - Kelly (activity room)	8:15 Walking (double classroom)	* * *	8:15 Walking (double classroom)
10:15 Yoga - Kelly (activity room)	9:30 Qigong Class (activity room)	9:15 Form & Function- Kelly (activity room)	XXXXX	8:30 Strength - Lisa (activity room)
11:00 Art of Oil Painting -Zakia (double classroom)	09:00 Spanish 1 - Nelida (library/ ZOOM) \$\$\$	10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed	HAPPY Atta Julul	9:30 Chinese Hour - Sylvia (double classroom)
\$\$\$	10:00 Spanish 2- Nelida (library/ ZOOM) \$\$\$	(activity room)	INDEPENDENCE DAY	09:30 Tai Chi - Hsueh (activity room)
11:30 Strength - Ed (activity room)	11:30 Chair, Stretch & Tone - Lisa (activity room)	11:45 Duplicate Bridge (double classroom)	SENIOR	10:45 Bollywood Dance Class (activity room)
1:00 - 3:00 Session 2 - H.O.P.E. (library)	1:15 Strength - Mark (activity room)	2:50 International Ballroom (activity room) \$\$\$	CENTER	11:00 Strength - Anna ZOOM
8	9	3:00 Tech-Mate Program 10	CLOSED	12
9:15 Form & Function - Kelly	8:30 Strength - Kelly (activity room)	8:15 Walking (double classroom)	8:15 Total Body Toning - Vin	8:15 Walking (activity room)
(activity room) 10:15 Yoga - Kelly	09:00 Spanish 1 - Nelida (library/ZOOM) \$\$\$	9:15 Form & Function – Kelly (activity room)	<pre>(activity room) 9:30 Yoga- Mireille (activity room)</pre>	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)	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)		1:00 Zumba – Vin (activity room) \$\$\$	
15 9:15 Form & Function - Kelly	16 8:30 Strength - Kelly (activity room)	17 8:15 Walking (double classroom)	18	19 8:15 Walking (double classroom)
(activity room) 10:15 Yoga - Kelly	9:00 Spanish 1- Nelida (library/ZOOM) \$\$\$	9:15 Form & Function - Kelly (activity room)		9:00 Summer Safety with The Health Dept
(activity room) 11:00 Art of Oil Painting-	9:30 Qigong Class (activity room)	SHIP Counselor 9:30, 10:45, 12:00	CENTOD	(lobby) 8:30 Strength - Lisa
Zakia (double classroom) \$\$\$	10:00 Spanish 2 -Nelida (library/ZOOM) \$\$\$	10:00 Why Am I Dizzy? - Lecture (double classroom)	SENIOR CENTER	(activity room) 9:30 Chinese Hour - Sylvia
11:30 Strength -Ed (activity room)	11:30 Chair, Stretch & Tone - Lisa (activity room)	10:00 Balance -Anna ZOOM	CLOSED	(double classroom) 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 - Kelly	8:30 Strength - Kelly (activity room)	8:15 Walking (double classroom)	8:15 Total Body Toning- Vin (activity room)	8:15 Walking (double classroom)
(activity room) 10:15 Yoga-Kelly	9:30 Walking (activity room)	9:15 Form & Function – Kelly (activity room)	9:30 Yoga – Kelly (activity room)	8:30 Strength - Lisa (activity room)
(activity room) 11:00 Art of Oil Painting-	10:00 Balance Screening (double classroom)	10:00 Balance - Anna ZOOM	10:00 Art of Watercolor- Margaret (double classroom)	9:30 Chinese Hour - Sylvia (library)
Zakia (double classroom) \$\$\$	09:00 Spanish 1- Nelida (library/ZOOM) \$\$\$	11:00 Chair Yoga – Ed (activity room)	\$\$\$ 11:00 Cardio - Linda	09:30 Tai Chi - Hsueh (activity room)
11:30 Strength - Ed (activity room)	10:00 Spanish 2- Nelida (library/ ZOOM) \$\$\$	11:45 Duplicate Bridge (double classroom)	(activity room) 1:00 Investment Group	10:45 Bollywood Dance Class (activity room)
1:00 - 3:00 Session 5-H.O.P.E. (library)	11:30 Chair, Stretch & Tone- Lisa (activity room)	<pre>2:50 International Ballroom (activity room) \$\$\$</pre>	(double classroom) 1:00 Zumba - Vin	11:00 Strength- Anna ZOOM
	1:00 Bingo (double classroom)		(activity room) \$\$\$ 2:30 FOWWSC Board Meeting	
	1:15 Strength - Mark (activity room)		(double classroom)	
29 9:15 Form & Function -	30 8:30 Strength - Kelly	31 8:15 Walking		
Kelly (activity room)	(activity room) 09:00 Spanish 1 -Nelida	(double classroom) 9:15 Form & Function -Kelly		
10:15 Yoga - Kelly (activity room)	(library/ ZOOM) \$\$\$	(activity room) 10:00 Balance - Anna ZOOM		
11:00 Art of Oil Painting	(activity room)			
- 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)	<pre>2:50 International Ballroom (activity room) \$\$\$</pre>		
	2:00 Book Club(library)			