## **JUNE 2025**

(609)799-9068

<u>Monday</u> 2	<u>Tuesday</u>	<u>Wednesday</u> 4	<u>Thursday</u> 5	<u>Friday</u> 6
:15 Form & Function - Kelly activity room)	8:30 Strength - Kelly (activity room)	8:15 Walking (double classroom)	8:30 Total Body Toning - Vin (activity room)	8:15 Walking (double classroom)
0:15 Yoga - Kelly activity room)	9:00 Spanish 1 - Nelida (library / ZOOM) \$\$	09:00 Glucose Screening 9:15 Form & Function - Kelly	9:30 Yoga - Ria (activity room)	8:30 Strength - Lisa (activity room)
1:00 Art of Oil Painting -	09:30 Yoga - Ria (activity room)	(activity room)  9:30 Qigong	10:00 Art of Watercolor - Margaret (double classroom) \$\$	9:30 Chinese Hour - Sylvia (double classroom)
double classroom) \$\$ 1:30 Strength - Ed	10:00 Let's Learn & Create Art	(double classroom)  10:00 Balance - Anna ZOOM	11:00 Cardio - Linda (activity room)	09:30 Tai Chi - Hsueh (activity room)
activity room) :00 - 3:00 ession 8 - H.O.P.E.	(double classroom)  10:00 Spanish 2 - Nelida (library / ZOOM) \$\$	11:00 Chair Yoga - Ed (activity room)	1:00 Investment Group (double classroom)	10:45 Bollywood Dance (activity room)
ession o - n.o.p.e. library) :30 Drawing with Calligraphy	11:30 Chair, Stretch & Tone - Kelly	11:45 Duplicate Bridge (double classroom)	1:00 Zumba – Vin (activity room) \$\$	11:00 Strength - Anna ZOOM
- Margaret \$\$ (double classroom)	(activity room)	1:00 Strength - Vin (activity room)		
		2:50 International Ballroom		
) :15 Form & Function - Kelly	10	11 8:15 Walking	12 8:30 Total Body Toning - Vin	13 8:15 Walking
activity room)	ACTIVITIES	(double classroom)	(activity room)	(double classroom)
0:15 Yoga - Kelly activity room)	& CLASSES	9:00 Hearing Screening 9:15 Form & Function - Kelly	9:30 Yoga - Ria (activity room)	8:30 Strength - Lisa (activity room)
1:00 Art of Oil Painting - akia double classroom) \$\$	CANCELLED	(activity room)	10:00 Art of Watercolor - Margaret (double classroom) \$\$	9:30 Chinese Hour - Sylvia (double classroom)
1:30 Strength - Ed	FOR	9:30 Qigong (double classroom)	11:00 Cardio - Linda (activity room)	09:30 Tai Chi - Hsueh (activity room)
(activity room)	PRIMARY ELECTIONS	10:00 Balance - Anna ZOOM	1:00 Investment Group (double classroom)	10:45 Bollywood Dance (activity room)
ession 9 - H.O.P.E. library)		(activity room)  11:45 Duplicate Bridge	1:00 Zumba – Vin (activity room) \$\$	11:00 Strength - Anna ZOOM
1:30 Drawing with Calligraphy - Margaret \$\$ (double classroom)		(double classroom)  1:00 Strength - Vin		
		(activity room) 2:50 International Ballroom		
16	17	18	19	20
:15 Form & Function – Kelly activity room)	8:30 Strength-Kelly (activity room)	8:15 Walking (double classroom)	8:30 Total Body Toning - Vin (activity room)	8:15 Walking (double classroom)
0:15 Yoga - Kelly activity room)	9:00 Spanish 1 - Nelida (library / ZOOM) \$\$	9:15 Form & Function - Kelly (activity room)	9:30 Yoga - Ria (activity room)	8:30 Strength - Lisa (activity room)
1:00 Art of Oil Painting - akia double classroom) \$\$	09:30 Yoga-Ria (activity room)	SHIP Counselor 9:30, 10:45, 12:00	10:00 Art of Watercolor - Margaret (double classroom) \$\$	9:30 Chinese Hour - Sylvia (double classroom)
L1:30 Strength - Ed	10:00 Spanish 2 - Nelida (library / ZOOM) \$\$	10:00 Balance - Anna ZOOM	11:00 Cardio - Linda (activity room)	09:30 Tai Chi - Hsueh (activity room)
L1:30 Strength - Ed (activity room) 1:00 - 3:00	<u> </u>	10:00 Balance - Anna ZOOM  11:00 Chair Yoga - Ed (activity room)  11:45 Duplicate Bridge		
11:30 Strength - Ed (activity room) 1:00 - 3:00 Session 10 - H.O.P.E. (library)	<pre>(library / ZOOM) \$\$  10:00 Ageless Grace Program (double classroom)  11:30 Chair, Stretch &amp; Tone - Lisa</pre>	11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom)	(activity room)  1:00 Investment Group	(activity room)  10:45 Bollywood Dance
1:30 Strength - Ed (activity room) 1:00 - 3:00 6ession 10 - H.O.P.E. (library) 1:30 Drawing with Calligraphy Margaret \$\$	<pre>(library / ZOOM) \$\$  10:00 Ageless Grace Program (double classroom)  11:30 Chair, Stretch &amp; Tone</pre>	11:00 Chair Yoga - Ed (activity room)  11:45 Duplicate Bridge (double classroom)  1:00 Strength - Vin (activity room)	(activity room)  1:00 Investment Group (double classroom)  1:00 Zumba - Vin	(activity room)  10:45 Bollywood Dance (activity room)
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