JUNE 2025

(609)799-9068

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

1:30 Drawing with Calligraphy
- Margaret
(double classroom) \$\$