

Mon	Tue	Wed	Thu	Fri	Sat
	All classes or programs FREE unless otherwise noted!	1 10:30 Senior Exercise \$2 11:00 News and Your Views 11:00 Library 11:45 12:15 Outreach Connection 12:30 Bridge 12:30 Sculpting	2 10:30 Open Art Studio \$1 10:30 Senior Exercise \$2 11:45 12:30 Line Dancing Class – call for fees	3 Center closed in observance of Independence Day	4 5
6 9:00 Mah Jong 10:00 Stamp Collecting 10:30 Tai Chi 11:00 Library 11:45 12:15 Outreach Connection 12:30 Bridge 1:00 Qi Gong for Balance – call for fees	7 10:30 Arthritis Exercise \$2 11:45 12:30 Pinochle 12:30 Scrabble 12:30 – 2 Blood Pressure Testing	8 9:00 “How to Purchase a Computer” Class at Microcenter 10:30 Senior Exercise \$2 11:00 News and Your Views 11:00 Library 11:45 11:45 – 1:00 Blood Pressure Testing 12:30 Bridge 12:30 Sculpting	9 10:00 Foot Clinic \$20 10:30 Open Art Studio \$1 10:30 Senior Exercise \$2 11:45 12:30 Line Dancing – call for fees	10 9 – 12 VNA Health Analysis – call for appt. 9-11 Foot Clinic \$20 9:30 Woodcarving 10:30 Arthritis Exercise \$2 11:45 12:15-3:00 Bridge and Cards 12:30 Wii Bowling for fun \$1	1 1 1 2
13 9:00 Mah Jong 10:30 Tai Chi 11:00 Library 11:45 12:30 Bridge 1:00 Qi Gong for Balance – call for fees 4:00 Film Club at Cedar Lee Theatre – ticket prices vary	14 10:30 Arthritis Exercise \$2 11:30 11:45 12:30 Pinochle 12:30 Scrabble 12:30 Wii Golf or Tennis	15 10:30 Low-Vision Support Group 10:30 Senior Exercise \$2 11:00 News and Your Views 11:00 Library 11:45 12:30 Bridge 12:30 Sculpting	16 9:00 VNA Health Analysis – call for appt. 10:00 Open Art Studio \$1 10:30 Senior Exercise \$2 11:45 12:30 Line Dancing – call for fees	17 9:30 “Healthy Aging” with Dr. Rosenfield– RSVP required 9:30 Woodcarving 10:30 Arthritis Exercise \$2 12:15 Outreach Connection 11:45 – 1:00 Blood Pressure Testing 11:45 12:15-3:00 Bridge and Cards 12:30 Wii Bowling for fun \$1	1 8 1 9
20 9:00 Mah Jong 10:30 Tai Chi 11:00 Library 11:45 12:30 Bridge 1:00 Qi Gong for Balance – call for fees	21 10:30 Arthritis Exercise \$2 10:30 – 11:45 AARP Driver’s Safety Course session 1 – call for fees 11:45 12:30 – 2:45 AARP Driver’s Safety Course- session 2 12:30 Pinochle 12:30 Scrabble	22 10:30 Senior Exercise \$2 11:00 News and Your Views 11:00 Library 11:45 12:30 Bridge 12:30 Sculpting	23 9:30 Watercolor Workshop with Flo Smith - class 1 - \$20/4 classes 10:30 Senior Exercise \$2 11:45 12:30 Line Dancing – call for fees	24 9:30 Woodcarving 10:30 Arthritis Exercise 11:45 Café Lunch \$3 Entertainment by Frank Cardone 12:15-3:00 Bridge and Cards 12:30 Wii Bowling for fun \$1	2 5 2 6

<p>27 9:00 Mah Jong 10:30 Tai Chi 11:00 Library 11:45 12:15 Bridge 1:00 Qi Gong for Balance – call for fees</p>	<p>28 9:15 Foot Clinic \$20 10:30 Arthritis Exercise \$2 11:00 Library 11:45 12:30 Pinochle 12:30 Scrabble</p>	<p>29 10:30 Senior Exercise \$2 11:00 News and Your Views 11:00 Library 11:45 12:15 RTA Updates with Erica Arnold 12:30 Book Club – title to be announced 12:30 Bridge 12:30 Sculpting</p>	<p>30 9:30 Watercolor Workshop with Flo Smith – class 2 - \$20/4 classes 10:30 Senior Exercise \$2 11:45 12:30 Line Dancing</p>	<p>31 9:30 Woodcarving 10:30 Arthritis Exercise 11:45 12:15-3:00 Bridge and Cards 12:30 Wii Bowling for fun \$1</p>
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