



Mon	Tue	Wed	Thu	Fri
	1 9:15 am: Core Strength 10:15 am: SS Line Dance 11:30 am: Canasta 2 pm: Strength & Mobility	2 8 am: Bocce 9 am: Functional Fitness 9am: Wed. Walkers 10 am: Knit/Crochet (CH) 12 pm: Independence Day Potluck Picnic 2:30 pm: Chair Yoga (CH)	3 9:15 am: Core Strength 10:15 am: SS Line Dance 11:30 am: Canasta 2 pm: Strength & Mobility 2 pm: Gentle Yoga	4 
7 8 am: Bocce 9 am: Functional Fitness 9 am: Social Bridge 10 am: Caregiver Support 2 pm: Gentle Yoga	8 9:15 am: Core Strength 10:15 am: SS Line Dance 11:30 am: Canasta 2 pm: Strength & Mobility 2 pm: TechSmart: Device Tech Support	9 8 am: Bocce 9 am: Functional Fitness 9 am: Wed. Walkers 10 am: Knit/Crochet 12 pm: DrumFit 1 pm: Movie: JAWS 2:30 pm: Chair Yoga	10 9:15 am: Core Strength 10:15 am: SS Line Dance 11:30 am: Canasta 2 pm: Strength & Mobility 2 pm: Gentle Yoga	11 8 am: Bocce 9 am: Experienced SAYC Bridge 9 am: Zumba Gold 10 am: Yoga for Seniors
14 8 am: Bocce 9 am: Functional Fitness 9 am: Social Bridge 10:30 pm: ART 10:45 pm: Qigong 2 pm: Gentle Yoga	15 10:15 am: SS Line Dance 11:30 am: Canasta 1 pm: Crafting: Rock Painting 2 pm: Strength & Mobility	16 Fitness Class Registration 8 am: Bocce 9 am: Functional Fitness 9 am: Wed. Walkers 10 am: Knit/Crochet 12 pm: DrumFit 2:30 pm: Chair Yoga	17 10:15 am: SS Line Dance 11:30 pm: Canasta 12 pm: Potluck B'day Lunch 2 pm: Strength & Mobility 2 pm: Gentle Yoga	18 8 am: Bocce 9 am: Experienced SAYC Bridge 10 am: Yoga for Seniors 10:30 am: Social Singers
21 8 am: Bocce 9 am: Functional Fitness 9 am: Social Bridge 10:45 pm: Qigong 2 pm: Gentle Yoga	22 10 am: Book Club: Someone Else's Shoes 10:15 am: SS Line Dance 11:30 am: Canasta 2 pm: Strength & Mobility	23 8 am: Bocce 9 am: Functional Fitness 9 am: Wed. Walkers 10 am: Knit/Crochet 12 pm: DrumFit 2 pm: TechSmart: Augmented Reality 2:30 pm: Chair Yoga	24 DAY TRIP 10:15 am: SS Line Dance 11:30 pm: Canasta 2 pm: Strength & Mobility 2 pm: Gentle Yoga 6 pm: JCVA Meeting	25 8 am: Bocce 9 am: Experienced SAYC Bridge 9 am: Zumba Gold 10 am: Yoga for Seniors 10 am: Movie: The Ballad of Wallis Island
28 8 am: Bocce 9 am: Social Bridge 10:30 pm: ART 2 pm: Gentle Yoga	29 9:15 am: Core Strength 11:30 am: Canasta	30 8 am: Bocce 9 am: Wed. Walkers 10 am: Knit/Crochet 1 pm: Cooking Workshop: The Wonders of Tomatoes 2:30 pm: Chair Yoga	31 9:15 am: Core Strength 11:30 pm: Canasta 2 pm: Gentle Yoga	