

JULY 2022				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 8:30 Low Impact Aerobics 10:00 NIA Class 10:00 Yin Yoga (zoom) 1:00 Bridge Instruction 1:00 Mexican Train
4 CENTER CLOSED FOR JULY 4	5 9:00 Yoga	8:30 Low Impact Aerobics 10:00 NIA Class 1:15 Mah Jongg 1:30 COA Board Meeting Via Zoom 1:30 Bingo 2:00 Legal Advice	7 9:00 Yoga 10:15 Tai Chi 1:30 Duplicate Bridge	8:30 Low Impact Aerobics 10:00 NIA Class 10:00 Yin Yoga (zoom) 12:00 Soup& sandwich 1:00 Planning for Medicare Webinar 1:00 Bridge Instruction w/Claire 1:00 Mexican Train
11 8:30 Low Impact Aerobics 10:00 Aerobics DVD 1:00 Bridge Instruction w/Claire 1:00 Crafting 1:00 Paint by Numbers	12 9:00 Yoga 12:00 Soup & sandwich 1:00 Senior Fitness Evaluation	13 8:30 Low Impact Aerobics 10:00 NIA Class 1:15 Mah Jongg 1:30 Bingo	14 9:00 Yoga 10:15 Tai Chi 1:30 Duplicate Bridge	15 8:30 Low Impact Aerobics 10:00 NIA Class 10:00 Yin Yoga (zoom) 12:00 Soup & sandwich 1:00 Bridge Instruction w/Claire 1:00 Mexican Train
18 8:30 Low Impact Aerobics 10:00 Aerobics DVD 11:30 Hearing Life 1:00 Bridge Instruction w/Claire 1:00 Crafting	19 9:00 Yoga 12:00 Soup & Sandwich 2:00 Cooking w/ Alice	20 8:30 Low Impact Aerobics 10:00 NIA Class 1:15 Mah Jongg 1:30 Bingo 3:30 NCEA Board & Annual Meeting	21 9:00 Yoga 10:15 Tai Chi 1:30 Duplicate Bridge	22 8:30 Low Impact Aerobics 10:00 NIA Class 10:00 Yin Yoga (zoom) 12:00 Soup & sandwich 1:00 Bridge Instruction w/Claire 1:00 Mexican Train
25 8:30 Low Impact Aerobics 10:00 Aerobic DVD 1:00 Bridge Instruction w/Claire 1:00 Crafting	26 9:00 Yoga 12:00 Soup & sandwich 1:30 Disease & Medicine Presentation	27 8:30 Low Impact Aerobics 9-12 Social Security 10:00 NIA Class 1:15 Mah Jongg 1:30 Bingo	28 9:00 Yoga 10:15 Tai Chi 1:30 Duplicate Bridge	29 8:30 Low Impact Aerobics 9:00 Hearing w/Shawn 10:00 NIA Class 10:00 Yin Yoga (zoom) 12:00 Soup & sandwich 1:00 Bridge Instruction 1:00 Mexican Train