


# July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3.</p> <p><b>Strength training.....9:00</b> Co. Line dance.....9:30 <b>Essentrics.....10:15</b> Sewing Class.....10:00 Hi/ Lo Jack .....1:00 Scrabble.....1:00</p>	<p>4.</p> 	<p>5.</p> <p>Essentrics.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Tai Ji Quan.....NO Knitting.....2:00</p>	<p>6.</p> <p>Strength training.....9:00 Chair Yoga.....9:15 Pastel Art.....10:15 Walk fit.....10:15 Hi Lo Jack.....1:00</p>	<p>7.</p> <p>Mahjongg.....9:00 Bone Builders.....9:15 Keep Moving.....10:30 Cribbage.....1:00 Bingo.....1:30</p>
<p>10.</p> <p><b>Strength training.....9:00</b> Co. Line dance.....9:30 <b>Essentrics.....10:15</b> Sewing Class.....10:00 Hi/ Lo Jack .....1:00 Scrabble.....1:00</p>	<p>11.</p> <p>Yoga.....9:15 Bone builders.....10:30 Samba.....1:00 Bingo.....1:30 Tai Ji Quan.....1:00 Inhouse Pool Tournament 1:00</p>	<p>12.</p> <p>Essentrics.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Tai Ji Quan.....1:00 Knitting.....2:00 KWV.....2:00</p>	<p>13.</p> <p>Strength training.....9:00 Chair Yoga.....9:15 Pastel Art.....10:15 Walk fit.....10:15 Hi Lo Jack.....1:00</p>	<p>14.</p> <p>Mahjongg.....9:00 Bone Builders.....9:15 Keep Moving.....10:30 Cribbage.....1:00 Bingo.....1:30</p>
<p>17.</p> <p><b>Strength training.....9:00</b> Co. Line dance.....9:30 <b>Essentrics.....10:15</b> Sewing Class.....10:00 Hi/ Lo Jack .....1:00 Scrabble.....1:00</p>	<p>18.</p> <p>Tech Support.....9:00-11:30 Yoga.....9:15 Bone builders.....10:30 Samba.....1:00 Bingo.....1:30 Tai Ji Quan.....1:00</p>	<p>19.</p> <p>Essentrics.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Tai Ji Quan.....1:00 Paul Brule.....1:30 Knitting.....2:00</p>	<p>20.</p> <p>Strength training.....9:00 Chair Yoga.....9:15 Crafting w/ Roseann.....10:00 Pastel Art.....10:15 Walk fit.....10:15 Cheryl Tudino.....10:30 Hi Lo Jack.....1:00</p>	<p>21.</p> <p>Mahjongg.....9:00 No Bone Builders.....No Blood pressure clinic....10:00 Keep Moving.....10:30 Cribbage.....1:00 Bingo.....1:30</p>
<p>24.</p> <p><b>Strength training.....9:00</b> Co. Line dance.....9:30 <b>Essentrics.....10:15</b> Sewing Class.....10:00 Hi/ Lo Jack .....1:00 Scrabble.....1:00</p>	<p>25.</p> <p>Yoga.....9:15 Bone builders.....10:30 BCBS labels 101 &amp; Food Demo .....11:00 Samba.....1:00 Bingo.....1:30 Tai Ji Quan.....1:00</p>	<p>26.</p> <p>Essentrics.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Tai Ji Quan.....1:00 Declutter with Katie.....1:30 Knitting.....2:00</p>	<p>27.</p> <p>Strength training.....9:00 Chair Yoga.....9:15 Pastel Art.....10:15 Walk fit.....10:15 Hi Lo Jack.....1:00 Aunt Carries.....3:30</p>	<p>28.</p> <p>Mahjongg.....9:00 Bone Builders.....9:15 Glucose Screening.....10:00 Keep Moving.....10:30 Cribbage.....1:00 Inhouse pool Tournament Bingo.....1:30</p>
<p>31.</p> <p><b>Strength training.....9:00</b> Co. Line dance.....9:30 <b>Essentrics.....10:15</b> Sewing Class.....10:00 Hi/ Lo Jack .....1:00 Scrabble.....1:00</p>				