

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:30 VNA Health Clinic 10:00 Enhanced Fitness 11:30 Lunch 12:30 Bingo 1:00 Breathe/Posture	2 10:00 Art Program 10:00 Chair Yoga Plus 10:00 Memoir Group 11:30 Lunch 12:30 Legal Questions, Info 1:00 Contract Bridge 1:30 Chess Club 2:00 Parkinson's Exercise	3 Independence Day Holiday Celebration 
6 9:45 CATA Trip 10:00 Art Program 10:00 Enhanced Fitness 11:30 Lunch 1:00 NIA Exercise / at MAGMA 1:00 Jazz Band Dance	7 9:00 Aqua-Fit at the YMCA 9:00 Tai Chi Easy 9:30 COA Meeting 10:00 Art Program 10:00 Knit & Crochet 10:00 Gentle Mat YOGA 11:30 Lunch	8 8:00 Friends of the COA 9:30 State Sen. Bruce Tarr Service Visit 9:30 VNA Health Clinic 10:00 Enhanced Fitness 10:00 Rose Baker Bookies 11:30 Lunch	9 10:00 Art Program 10:00 Chair Yoga Plus 11:30 Lunch 1:00 Contract Bridge 1:30 Chess Club 2:00 Parkinson's Exercise	10 9:00 Enhanced Fitness 10:15 Zumba Dance Exercise 11:00 Tai Chi Easy 11:30 Lunch 12:15 Aqua-Adventure 12:30 Bingo
13 9:45 CATA Trip 10:00 Art Program 10:00 Enhanced Fitness 11:30 Lunch 1:00 NIA Exercise / at MAGMA 1:00 Jazz Band Dance	14 9:00 Aqua-Fit at the YMCA 9:00 Tai Chi Easy 10:00 Art Program 10:00 Hearing Aid Clean 10:00 Knit & Crochet 10:00 Gentle Mat YOGA 11:30 Lunch	15 9:30 VNA Health Clinic 10:00 Enhanced Fitness 11:30 Lunch 12:30 Bingo 1:00 Breathe/Posture	16 10:00 Art Program 10:00 Triad Meeting 10:00 New Vision Meet 10:00 Chair Yoga Plus 10:00 Financial Consult 11:30 Lunch	17 9:00 Enhanced Fitness 10:15 Zumba Dance Exercise 11:00 Tai Chi Easy 11:30 Lunch 12:15 Aqua-Adventure 12:30 Bingo
20 9:45 CATA Trip 10:00 Art Program 10:00 Enhanced Fitness 11:30 Lunch 1:00 NIA Exercise / at MAGMA	21 9:00 Aqua-Fit at the YMCA 9:00 Tai Chi Easy 10:00 Art Program 10:00 Knit & Crochet 10:00 Gentle Mat Yoga 11:30 Lunch	22 9:30 VNA Health Clinic 10:00 Enhanced Fitness 11:30 Lunch 12:15 Birthday & Anniversary Recognition 12:30 Bingo	23 10:00 Art Program 10:00 Chair Yoga Plus 11:30 Lunch 12:30 Thursday Movie 1:00 Contract Bridge 1:30 Chess Club	24 9:00 Enhanced Fitness 10:15 Zumba Dance Exercise 11:00 Tai Chi Easy 11:30 Lunch 12:15 Aqua-Adventure 12:30 Bingo
27 9:45 CATA Trip 10:00 Art Program 10:00 Enhanced Fitness 11:30 Lunch 1:00 NIA Exercise / at MAGMA	28 9:00 Aqua-Fit at the YMCA 9:00 Tai Chi Easy 10:00 Art Program 10:00 Knit & Crochet 10:00 Gentle Mat YOGA 11:30 Lunch		<h1>July</h1>	

Less Stress and More Stretch...don't stop moving.....it's easy.....

Participate with Linda Wilkes for Nia / Yoga classes

Studio 1623—Channel 12 9:30—10:30 a.m.

Every week....Tuesday.....Friday and Sunday