

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b> 8:30-9:15 Strength Tr. 8:30 Walking (3 mile) 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Needlework 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge</p>	<p><b>2</b> 8:30 Walking (3 mile) 8:30 Body Form &amp; Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch &amp; Tone <b>11:00 Watercolor Art</b> 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p>	<p><b>3</b> 8:15-9:15 Strength Tr 9:15-10:15 Yoga 9:30 Walking (3 Mile) 10:30 Walking (2 mile) 10:00 French Group 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance Class 3:00-3:45 Zumba (last session)</p>	<p><b>4</b> 8:15 Tai Chi 8:15-9:00 Strength Tr. 9:15-10:00 Yoga 9-12 Billiards 9:15 Chinese Hour 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:30 Lunch 12:30 Delay the Disease <b>1:00 Bingo</b></p>
<p><b>7</b> 8:15 Walking (3 mile) 8:15 Body Form &amp; Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) 11:00 Adv. Balance Class (last session in Activity room) <b>11:00 Farmers Market Demo</b> <b>12:00 Summer Yoga Class</b> 1:00 <i>Movie— What's Eating Gilbert Grape</i> 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing</p>	<p><b>8</b> 8:30-9:15 Strength Tr. 8:30 Walking (3 mile) 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Needlework 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge</p>	<p><b>9</b> 8:30 Walking (3 mile) 8:30 Body Form &amp; Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch &amp; Tone <b>11:00 Watercolor Art</b> 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg <b>1:00 &amp; 2:30 S.H.I.P</b></p>	<p><b>10</b> 8:15-9:15 Strength Tr 9:15-10:15 Yoga 9:30 Walking (3 Mile) 10:30 Walking (2 mile) 10:00 French Group 10:15 Ballroom Dancing <b>11:00 Civil War lecture</b> 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance Class 3:00-3:45 Zumba (new session)</p>	<p><b>11</b> 8:15 Tai Chi 8:15-9:00 Strength Tr. 9:15-10:00 Yoga 9-12 Billiards 9:15 Chinese Hour 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:30 Lunch 12:30 Delay the Disease <b>1:00 Bingo</b></p>
<p><b>14</b> 8:15 Walking (3 mile) 8:15 Body Form &amp; Fitness 9:00 Chair Yoga <b>9:15 Walking Cancelled</b> <b>10:00 AARP Safe Driving</b> 11:00 Adv. Balance Class (new session in Activity room) <b>12:00 Summer Yoga Class</b> 1:00 <i>Movie—A League of Their Own</i> 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing</p>	<p><b>15</b> 8:30-9:15 Strength Tr. 8:30 Walking (3 mile) 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Needlework 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge</p>	<p><b>16</b> 8:30 Walking (3 mile) 8:30 Body Form &amp; Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch &amp; Tone <b>11:00 Watercolor Art</b> 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p>	<p><b>17</b> 8:15-9:15 Strength Tr 9:15-10:15 Yoga 9:30 Walking (3 mile) 10:30 Walking (2 mile) 10:00 French Group 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance Class 3:00-3:45 Zumba</p> <p style="text-align: center;"><b>Trip</b></p>	<p><b>18</b> 8:15 Tai Chi 8:15-9:00 Strength Tr. 9:15-10:00 Yoga 9-12 Billiards 9:15 Chinese Hour 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise <b>12:00 B/P Screening</b> 12:30 Lunch 12:30 Delay the Disease <b>2:00 Music Apprec.</b></p>
<p><b>21</b> 8:15 Walking (3 mile) 8:15 Body Form &amp; Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) 11:00 Adv. Balance Class <b>12:00 Summer Yoga Class</b> 1:00 <i>Movie— Evelyn</i> 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing</p>	<p><b>22</b> 8:30-9:15 Strength Tr. 8:30 Walking (3 mile) 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Needlework 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge</p>	<p><b>23</b> 8:30 Walking (3 mile) 8:30 Body Form &amp; Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch &amp; Tone <b>11:00 Watercolor Art</b> 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p>	<p><b>24</b> 8:15-9:15 Strength Tr 9:15-10:15 Yoga 9:30 Walking (3 mile) 10:30 Walking (2 mile) 10:00 French Group 10:15 Ballroom Dancing 11:15 Int'l Ballroom (<b>Cancelled</b>) 12:30 Lunch <b>12:30 Qigong</b> 1:00 Investment Group 2:00 Balance Class (last session) 3:00-3:45 Zumba</p>	<p><b>25</b> 8:15 Tai Chi 8:15-9:00 Strength Tr. 9:15-10:00 Yoga 9-12 Billiards 9:15 Chinese Hour 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:30 Lunch 12:30 Delay the Disease <b>1:00 Bingo</b></p>
<p><b>28</b> 8:15 Walking (3 mile) 8:15 Body Form &amp; Fitness 9:00 Chair Yoga 9:15 Walking (2mile) <b>10:30 Retiree Group “Meet the township landscape architecture”</b> 11:00 Adv. Balance Class <b>12:00 Summer Yoga Class</b> 1:00 <i>Movie— Loving</i> 1:00 H.O.P.E <b>1:30 Line Dancing Cancelled</b></p>	<p><b>29</b> 8:30-9:15 Strength Tr. 8:30 Walking (3mile) 9:15 Walking (2mile) <b>9:00 Osteoporosis Screening</b> 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Needlework 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge <b>2:00 Talking About Books</b></p>	<p><b>30</b> 8:30 Walking (3 mile) 8:30 Body Form &amp; Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch &amp; Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p>	<p><b>31</b> 8:15-9:15 Strength Tr 9:15-10:15 Yoga 9:30 Walking (3 mile) 10:30 Walking (2 mile) 10:00 French Group 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance Class (new Session) 3:00-3:45 Zumba</p>	