

JUNE

Thursday	Friday	Saturday
1 9:30a Chorus 9:30a Keep Well Clinic 10:30a Spanish Conversation 12:30p Bridge (Rubber) 1:00p SHINE Checkin 3:30p Strength Training	2 9:30a Exercise (Total Fitness) 11:30a Eating Together 12:00p Line Dancing (Beginners) 1:00p Line Dancing (Intermediate) 3:00p Fitness (Dance Fever)	3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5 9:30a Exercise (Total Fitness) 10:30 WinPower Presentation 10:45a Knitting 11:30a Eating Together 1:00p Mah Jongg	6 9:00a Garden Club 9:00a Meditation & Mindfulness 9:45a Yoga & Creativity 10:00a Italian Conversation 11:30a Yoga Class Tea & Socializing 12:30p Bridge (Rubber) 1:00p Chess 1:00p Quilting & More 1:00p Square Dancing 3:20p Strength Training 6:00p Demystifying Uber	7 9:30a Art 9:30a Exercise (Total Fitness) 10:00a Cribbage 10:30 Silver Sneakers Club Brainstorming Meeting 10:40a Mens Discussion 10:45a French Conversation 11:30a Eating Together 1:00p Take Control of Your Medical Care 1:30p Poetry Group 2:00p Walk at Wright-Locke Farm	8 9:00a Manicures Checkin 9:30a Chorus 10:30a Spanish Conversation 10:30a Yoga n Creativity 12:30p Bridge (Rubber) 1:00p SHINE Checkin 3:30p Strength Training	9 9:30a Exercise (Total Fitness) 10:45a Food Management 10:45a Science and Technology Discussion 11:30a Eating Together 12:00p Line Dancing (Beginners) 1:00p Birthday Celebration 1:00p Line Dancing (Intermediate) 3:00p Fitness (Dance Fever)	10
11	12 9:30a Exercise (Total Fitness) 11:00a Events Committee Meeting 11:30a Eating Together 1:00p Mah Jongg 1:00p Movie/Fences	13 9:00a Garden Club 9:00a Meditation & Mindfulness 9:45a Yoga & Creativity 10:00a Italian Conversation 11:30a Yoga Class Tea & Socializing 12:00p Wright-Locke Farm Luncheon 12:30p Bridge (Rubber) 1:00p Chess 1:00p Quilting & More 1:00p Square Dancing 3:20p Strength Training	14 08:30a COA Board Meeting 09:30a Art 09:30a Exercise (Total Fitness) 10:00a Cribbage 10:45a French Conversation 11:30a Eating Together 11:30a Library Online 3:00p Yoga (Gentle)	15 9:30a Keep Well Clinic 9:30a Chorus 10:30a Spanish Conversation 10:30a Yoga n Creativity 12:30p Bridge (Rubber) 1:00p SHINE Checkin 3:30p Strength Training	16 9:30a Exercise (Total Fitness) 11:30a Eating Together 12:00p Line Dancing (Beginners) 1:00p Line Dancing (Intermediate) 10:30a Spanish Conversation 10:30a Yoga n Creativity 12:30p Bridge (Rubber) 1:00p SHINE Checkin	17
18 1:00p Sunday Bridge	19 9:30a Exercise (Total Fitness) 10:45a Knitting 11:30a Eating Together 1:00p Mah Jongg	20 9:00a Garden Club 9:00a Meditation & Mindfulness 9:00a TRAVEL COMMITTEE TRIP 9:15a WSA Board Meeting 9:45a Yoga & Creativity 10:00a Italian Conversation 11:30a Yoga Class Tea & Socializing 12:30p Bridge (Rubber) 1:00p Chess 1:00p Quilting & More 1:00p Square Dancing 3:20p Strength Training 5:00p Memory Clinic	21 9:30a Art 9:30a Exercise (Total Fitness) 10:00a Cribbage 10:40a Mens Discussion 10:45a French Conversation 11:30a Eating Together 1:30p Poetry Group 2:00p Nutrition 3:00p Yoga (Gentle) 5:00p Memory Café with Kelly McCarthy	22 9:00a Manicures Checkin 9:00a Newsletter Mailing 9:30a Chorus 10:00a Caregivers Support Group 10:30a Spanish Conversation 10:30a Yoga n Creativity 12:30p Bridge (Rubber) 1:00p SHINE Checkin 3:30p Strength Training	23 9:30a Exercise (Total Fitness) 10:45a Science and Technology Discussion 11:30a Eating Together 12:00p Line Dancing (Beginners) 1:00p Line Dancing (Intermediate) 3:00p Fitness (Dance Fever)	24
25	26 9:30a Exercise (Total Fitness) 11:30a Eating Together 1:00p Mah Jongg 1:00p Movie/A Dog's Purpose	27 9:00a Garden Club 9:00a Meditation & Mindfulness 9:45a Yoga & Creativity 10:00a Italian Conversation 11:30a Yoga Class Tea & Socializing 12:30p Bridge (Rubber) 1:00p Chess 1:00p Quilting & More 1:00p Square Dancing 3:20p Strength Training	28 9:30a Art 9:30a Exercise (Total Fitness) 10:00a Cribbage 10:45a French Conversation 11:00a Coffee and Books 11:30a Eating Together 3:00p Yoga (Gentle)	29 9:30a Chorus 10:30a Spanish Conversation 12:30p Bridge (Rubber) 1:00p SHINE Checkin 3:30p Strength Training	30 09:30a Exercise (Total Fitness) 11:30a Eating Together 12:00p Line Dancing (Beginners) 1:00p Line Dancing (Intermediate) 3:00p Fitness (Dance Fever)	