

Monday

Tuesday

Wednesday

Thursday

Friday



# June 2024



**3**

9-10 am—Chair Core Class  
 9-11:30 am— Friendly Bridge  
 9-10 am- Beginner Tai Chi  
 10-11 am— Intermediate Tai Chi  
 10 am-12 pm— Hand 'n Foot  
 10:30-11:30 am - "Time to Tap" Tap Dance Class  
 11am-12 pm—Advanced Tai Chi  
 1-3 pm – Live Music & Dancing with *NOKO Band*  
 1-4 pm – Hand 'n Foot  
 3:15- 4:15 pm - Zumba

**4**

8:30-9 am – Intro to Line Dancing  
 9–11 am— Line Dancing with Jean  
 9 am-12 pm - Art Studio Open  
 9:30-11:30 am – BINGO (\$5 fee)  
 10 am-2 pm – Free Hair Cuts (Visit front office for details)  
 11 am–1 pm – Tech Help w/ Chris  
 12-3 pm – Woodcarvers Class  
 1-2 pm –Chair Core Class  
 1-4 pm – Hand 'n Foot/Pinochle  
 2-2:45 pm - Balance Movement  
 3-4:30 pm – Clogging Class

**5**

8-9 am— Produce Distribution  
 9:30-11:30 am— BINGO (\$5 fee)  
 9:30-10:30 am— Zumba  
 10:40-11:40 am- YOGA  
 12- 1 pm- ESSETRICS  
 1-3 pm - Live Music & Dancing w/Noko  
 1-3pm- Hurricane Open House Event  
 1-4 pm— Hand n Foot  
 1:15-2:15 pm- Mahjong - Beginners & Learn to Play.  
 2:15-4 pm-Mahjong  
 3-4 pm—Dance Class w/ Mike & Rana

**6**

9:30-11:30 am – BINGO (\$5 fee)  
 9:30-11 am – Line Dancing 9-11 am Tech Help w/Mark  
 10:30-11: 30 am– Yoga Class  
 11:30 am -1 pm – Hula Hawaiian Dance Class (intermediate)  
 11:15 am–12:15 pm – Zumba  
 12-1 pm – Live Café Music  
 1-4 pm – Hand 'n Foot  
 1-4 pm - PINOCHLE  
 1:30-3:00 pm – Intermediate to Advanced Tai Chi  
 2-4 pm – Clogging Class

**7**

9 am-12 pm – Seniors vs Crime on-site  
 9 am-12 pm – Art Studio Open  
 9:30-11:30 am - Hearing Aid Consultation Sponsored by Ear-Resistible  
 9:30-10:30 am – Zumba  
 10:35-11:20 am – Hula Hawaiian Dance  
 11am-12pm- Neuroboxing Class  
 11:30 am -12:30 pm – Belly Dance Class  
 1-3 pm— Live Music & Dancing with *Coastal Keys*

**10**

9-10 am—Chair Core Class  
 9-11:30 am— Friendly Bridge  
 9-10 am- Beginner Tai Chi  
 10-11 am— Intermediate Tai Chi  
 10 am-12 pm— Hand 'n Foot  
 10:30-11:30 am - "Time to Tap" Tap Dance Class  
 11am-12 pm—Advanced Tai Chi  
 1-3 pm – Live Music & Dancing with *NOKO Band*  
 1-4 pm – Hand 'n Foot  
 3:15- 4:15 pm - Zumba

**11**

8:30-9 am – Intro to Line Dancing  
 9–11 am— Line Dancing with Jean  
 9:30-11:30 am – BINGO (\$5 fee)  
 10am-11am Natalie Siston's Author Talk  
 11 am–1 pm – Tech Help w/ Chris  
 12-3 pm – Woodcarvers Class  
 1-2 pm –Chair Core Class  
 1-4 pm – Hand 'n Foot  
 1-4 pm - Pinochle  
 2-2:45 pm - Balance Movement  
 2-4:30 pm – Clogging Class

**12**

8-9 am— Produce Distribution  
 9-11:30 am - Card Making with Cathy  
 9:30-11:30 am— BINGO (\$5 fee)  
 9:30-10:30 am— Zumba  
 10:40-11:30 am- YOGA  
 11 am-12 pm - Drums of Unity Class with Joe  
 12- 1 pm- ESSETRICS  
 1-3 pm - Live Music & Dancing w/Ray  
 1-4 pm— Hand n Foot  
 1:15-2:15 pm Mahjong/Beginners; 2:15-4 pm- Mahjong  
 2-4 pm—Dance Class w/ Mike & Rana

**13**

9:30-11:30 am – BINGO (\$5 fee)  
 9:30-11 am – Line Dancing 9-11 am Tech Help w/Mark  
 10:30-11: 30 am– Yoga Class  
 11:30 am -1 pm – Hula Hawaiian Dance Class (intermediate)  
 11:15 am–12:15 pm – Zumba  
 12-1 pm – Live Café Music  
 1:30-3:00 pm – Intermediate to Advanced Tai Chi  
 2-4 pm – Clogging Class

**14**

9 am-12 pm – Seniors vs Crime on-site  
 9 am-12 pm – Art Studio Open  
 9:30-10:30 am – Zumba  
 10 am -12 pm – SCRABBLE  
 11am-12pm- Neuroboxing Class  
 10:35-11:20 am – Hula Hawaiian Dance  
 11:30 am -12:30 m – Belly Dance Class  
 1-3 pm— Live Music & Dancing with *Coastal Keys*

**17**

9-10 am—Chair Core Class  
 9-11:30 am— Friendly Bridge  
 9-10 am- Beginner Tai Chi  
 10-11 am— Intermediate Tai Chi  
 10 am-12 pm— Hand 'n Foot  
 10:30-11:30 am - "Time to Tap" Tap Dance Class  
 11am-12 pm—Advanced Tai Chi  
 1-3 pm – Live Music & Dancing with *NOKO Band*  
 1-4 pm – Hand 'n Foot  
 3:15- 4:15 pm - Zumba

**18**

8:30-9 am – Intro to Line Dancing  
 9–11 am— Line Dancing with Jean  
 9 am-12 pm - Art Studio Open  
 9:30-11:30 am – BINGO (\$5 fee)  
 11 am–1 pm – Tech Help w/ Chris  
 12-3 pm – Woodcarvers Class  
 1-2 pm –Chair Core Class  
 1-4 pm – Hand 'n Foot  
 1-4 pm - Pinochle  
 2-2:45 pm - Balance Movement  
 2-4:30 pm – Clogging Class

**19**

8-9 am— Produce Distribution  
 9-11:30 am - Card Making with Cathy  
 9:30-11:30 am— BINGO (\$5 fee)  
 9:30-10:30 am— Zumba  
 10:40-11:30 am- YOGA  
 12- 1 pm- ESSETRICS  
 1-3 pm - Live Music & Dancing w/Noko  
 1-4 pm— Hand n Foot  
 3-4 pm—Dance Class w/ Mike & Rana

**20**

9:30-11:30 am – BINGO (\$5 fee)  
 9:30-11 am – Line Dancing 9-11 am Tech Help w/Mark  
 10:00-2:00pm United Way Legal Services  
 10:30-11: 30 am– Yoga Class  
 11:30 am -1 pm – Hula Hawaiian Dance (intermediate)  
 11:15 am–12:15 pm – Zumba  
 1-4 pm – Hand 'n Foot  
 1-4 pm - PINOCHLE  
 1:30-3:00 pm – Intermediate to Advanced Tai Chi  
 2-4 pm – Clogging Class

**21**

9 am-12 pm – Seniors vs Crime on-site  
 9 am-12 pm – Art Studio Open  
 9:30-10:30 am – Zumba  
 10:35-11:20 am – Hula Hawaiian Dance  
 11am-12pm- Neuroboxing Class  
 11:30 am -12:30 m – Belly Dance Class  
 1-3 pm— Live Music & Dancing with *Coastal Keys*

**24**

9-10 am—Chair Core Class  
 9-11:30 am— Friendly Bridge  
 9-10 am- Beginner Tai Chi  
 10-11 am— Intermediate Tai Chi  
 10 am-12 pm— Hand 'n Foot  
 10:30-11:30 am - "Time to Tap" Tap Dance Class  
 11am-12 pm—Advanced Tai Chi  
 1-3 pm – Live Music & Dancing with *NOKO Bank*  
 1-4 pm – Hand 'n Foot  
 3:15- 4:15 pm - Zumba

**25**

8:30-9 am – Intro to Line Dancing  
 9–11 am— Line Dancing with Jean  
 9 am-12 pm - Art Studio Open  
 9:30-11:30 am – BINGO (\$5 fee)  
 11 am–1 pm – Tech Help w/ Chris  
 12-3 pm – Woodcarvers Class  
 1-2 pm –Chair Core Class  
 1-4 pm – Hand 'n Foot/Pinochle  
 2-2:45 pm - Balance Movement  
 3-4:30 pm – Clogging Class

**26**

8-9 am— Produce Distribution  
 9:30-11:30 am— BINGO (\$5 fee)  
 9:30-10:30 am— Zumba  
 10:40-11:30 am- YOGA  
 12- 1 pm- ESSETRICS  
 1-3 pm - Live Music & Dancing w/Ray  
 1-4 pm— Hand n Foot  
 1:15pm-4pm- Mahjong  
 3-4 pm—Dance Class w/ Mike & Rana

**27**

9:30-11:30 am – BINGO (\$5 fee)  
 9:30-11 am – Line Dancing 9-11 am Tech Help w/Mark  
 10:30-11: 30 am– Yoga Class  
 11:30 am -1 pm – Hula Hawaiian Dance Class (intermediate)  
 11:15 am–12:15 pm – Zumba  
 12-1 pm – Live Café Music  
 1-4 pm – Hand 'n Foot  
 1-4 pm - PINOCHLE  
 1:30-3:00pm – Intermediate to Advanced Tai Chi  
 2-4 pm – Clogging Class

**28**

9 am-12 pm – Seniors vs Crime on-site  
 9 am-12 pm – Art Studio Open  
 9:30-10:30 am – Zumba  
 9:30-10:30am- Nutrition and Cooking Class  
 10:35-11:20 am – Hula Hawaiian Dance  
 11am-12pm- Neuroboxing Class  
 11:30 am -12:30 m – Belly Dance Class  
 1-3 pm— Live Music & Dancing with *Coastal Keys*