

Monday

Tuesday

Wednesday

Thursday

Friday

9 am - 9:45 am Balance Movement
10 - 11:30 am German Grammar Conversation and Culture - Benderson Room
10 am - 11:30 am Art Class - Art Room
11 am - 12 pm Intermediate Line Dance Class
12 - 3 pm Dup Bridge - Rm B
1 - 3 pm Live Music & Dancing w/ The Bruno Connection
1 - 3 pm Community Wellbeing Survey's with DOH
2:30 - 3:30 pm Spanish Class via Zoom: hermilaperreault@gmail.com
3:30 pm - 4:30 pm Intermediate Tap

9:30 am - 11:30 am Bingo (\$5 Fee) - Library
10 am - 11 am Chair Yoga - Great Room
10 am - 3 pm Pinochle - Room B
11 am - 12 pm Mindfulness & Meditation - Mirror Room
11 am - 12 pm Drums of Unity with Joe Licinski - Great Room- (1st Tues every month)
11:30 am - 3 pm Latin Social Group - Benderson Rm
1 - 2 pm Farkle- Room A
1-3 pm Mexican Train Dominoes - Library
1 - 3 pm 4th of July Bash - Music with DJ Krazy Entertainment - Sponsored by Brookdale & Conviva
1:30 - 2:30 pm Aging Rebels Discussion Group - Dwyer
3:15 - 4:30 pm Indoor Pickleball Free Play

9 am - 9:45 am Balance Movement
9 am Advanced 10am Intermediate 11am Beginner Tai Chi
10:30 am - 12:30 pm Technology Assistance
10 am - 12 pm Mosaics Class - Art Studio
10:30 - 11:30 am Short Story Book Club - Library
11 am - 12 pm Ballroom Dance: Tango - Great Room
11 am - 12:30 pm LGBTQ+ Grief & Loss Supp Grp - CRC Build
11:30 am - 3 pm Latin Social Group - Benderson Rm
1pm-2pm Chakra Energy Meditation- Mirror Room- NEW!
1 - 3 pm Popcorn & Movie - Cafe
1 - 3 pm Live Music & Dancing with Pure Gold
1:30-3:30pm Canasta (If New, Call Patty 919-208-5514) - Rm B

CENTER CLOSED IN OBSERVANCE OF THE 4TH OF JULY HOLIDAY

9:30 - 11:30 am Bingo (\$5 Fee) - Library
9:30 - 10:15 am Sing-a-long with Betty Comora
10 - 11 am Tai Chi - Mirror Room
10 am - 12 pm Technology Assistance
10:30 - 11:15 am Balance Movement
1 - 3 pm Live Music & Dancing with Chuck Parr Band
1 - 4 pm Euchre - Room B
2-4 pm What's Happening Now - Mirror Rm
3:15 - 4:30 pm Indoor Pickleball Free Play

9 am - 9:45 am Balance Movement
9:45 - 11 am Hearing Health Event with Hear Again America
10 - 11:30 am German Grammar Conversation and Culture - Benderson Room
11 am - 12 pm Intermediate Line Dance Class
10 am - 11:30 am Art Class - Art Room
10 - 11 am Nutrition & Cooking Class with All Faith's Food Bank - Cafe
12 - 3 pm Dup Bridge - Rm B
1 - 3 pm Live Music & Dancing w/ The Bruno Connection
2:30 - 3:30 pm Spanish Class via Zoom: hermilaperreault@gmail.com
3:30 pm - 4:30 pm Intermediate Tap

9:30 am - 11:30 am Bingo (\$5 Fee) - Library
10 am - 11 am Chair Yoga - Great Room
10 am - 3 pm Pinochle - Room B
11 am - 12 pm Mindfulness & Meditation - Mirror Room
11:30 am - 3 pm Latin Social Group - Benderson Rm
1 - 2 pm Farkle- Room A
1-3 pm Mexican Train Dominoes - Library
1 - 3 pm Live Music & Dancing with Skip's Dixie Mix
1:30 - 2:30 pm Aging Rebels Discussion Group - Dwyer
3:15 - 4:30 pm Indoor Pickleball Free Play

9 am - 9:45 am Balance Movement
9 am Advanced 10am Intermediate 11am Beginner Tai Chi
10 - 11 am Kitten Therapy w/ Cat Depot- Room B
10:30 am - 12:30 pm Technology Assistance
10 am - 12 pm Mosaics Class - Art Studio
10:30 - 11:30 am Short Story Book Club - Library
11 am - 12 pm Ballroom Dance: Tango - Great Room
11 am - 12:30 pm LGBTQ+ Grief & Loss Supp Grp - CRC Build
11:30 am - 3 pm Latin Social Group - Benderson Rm
1pm-2pm Chakra Energy Meditation- Mirror Room- NEW!
1 - 3 pm Popcorn & Movie - Cafe
1 - 3 pm Live Music & Dancing with Pure Gold
1:30-3:30pm Canasta (If New, Call Patty 919-208-5514) - Rm B

9 am - 9:45 am Balance Movement
10 am - 11 am Chair Yoga - Great Room
10 am - 12 pm Craft Club - Art Studio
10 am - 3 pm Pinochle - Room B
11:30 am - 3 pm Latin Social Group - Benderson Rm
12:30 pm - 2 pm Friendly Bridge - Library
1 pm - 2pm Radio Plays and Poetry Reading- Room
1 pm - 2:30 pm - Grief & Loss Support Group- CRC Build
1 - 3 pm Live Music & Dancing with Keith Carman Band
1 - 3 pm Mah Jongg - Mirror Room
3:30 - 4:30 pm Intermediate Tap Dance

9:30 - 11:30 am Bingo (\$5 Fee) - Library
9:30 - 10:15 am Sing-a-long with Betty Comora
10 - 11 am Tai Chi - Mirror Room
10 am - 12 pm Technology Assistance
10:30 - 11:15 am Balance Movement
1 - 3 pm Live Music & Dancing with Chuck Parr Band
1 - 4 pm Euchre - Room B
2-4 pm What's Happening Now - Mirror Rm
3:15 - 4:30 pm Indoor Pickleball Free Play

9 am - 9:45 am Balance Movement
10 - 11:30 am German Grammar Conversation and Culture - Benderson Room
10 am - 11:30 am Art Class - Art Room
10 - 11 am Nutrition & Cooking Class with All Faith's Food Bank - Cafe
11 am - 12 pm Intermediate Line Dance Class
12 - 3 pm Dup Bridge - Rm B
1 - 3 pm Live Music & Dancing w/ The Bruno Connection
2:30 - 3:30 pm Spanish Class via Zoom: hermilaperreault@gmail.com
3:30 pm - 4:30 pm Intermediate Tap

7 am - 9:30 am Private Event in Great Room
9:30 am - 11:30 am Bingo (\$5 Fee) - Library
10 am - 11 am Chair Yoga - Great Room
10 am - 3 pm Pinochle - Room B
11 am - 12 pm Meditation - Mirror Room- cxl today only
11:30 am - 3 pm Latin Social Group - Benderson Rm
1 - 2 pm Farkle- Room A
1-3 pm Mexican Train Dominoes - Library
1 - 3 pm Live Music & Dancing with Skip's Dixie Mix
1:30 - 2:30 pm Aging Rebels Discussion Group - Dwyer
3:15 - 4:30 pm Indoor Pickleball Free Play

9 am - 9:45 am Balance Movement
9 am Advanced 10am Intermediate 11am Beginner Tai Chi
10:30 am - 12:30 pm Technology Assistance
10 am - 12 pm Mosaics Class - Art Studio
10:30 - 11:30 am Short Story Book Club - Library
11 am - 12 pm Ballroom Dance: Tango - Great Room
11 am - 12:30 pm LGBTQ+ Grief & Loss Supp Grp - CRC Build
11:30 am - 3 pm Latin Social Group - Benderson Rm
1pm-2pm Chakra Energy Meditation- Mirror Room- NEW!
1 - 3 pm Popcorn & Movie - Cafe
1 - 3 pm Live Music & Dancing with Pure Gold
1:30 pm - 2 pm Dog Therapy (3rd Wed every month)
1:30-3:30pm Canasta (If New, Call Patty 919-208-5514) - Rm B

9 am - 9:45 am Balance Movement
10 am - 11 am Chair Yoga - Great Room
10 am - 12 pm Craft Club - Art Studio
10 am - 3 pm Pinochle - Room B
11:30 am - 3 pm Latin Social Group - Benderson Rm
12:30 pm - 2 pm Friendly Bridge - Library
1 pm - 2pm Radio Plays and Poetry Reading- Room
1 pm - 2:30 pm - Grief & Loss Support Group- CRC Build
1 - 3 pm Live Music & Dancing with Keith Carman Band
1 - 3 pm Mah Jongg - Mirror Room
3 pm - Center Closed for Private Event

9:30 - 11:30 am Bingo (\$5 Fee) - Library
9:30 - 10:15 am Sing-a-long with Betty Comora
10 - 11 am Tai Chi - Mirror Room
10 am - 12 pm Technology Assistance
10:30 - 11:15 am Balance Movement
1 - 3 pm Live Music & Dancing with Chuck Parr Band
1 - 4 pm Euchre - Room B
2-4 pm What's Happening Now - Mirror Rm
3:15 - 4:30 pm Indoor Pickleball Free Play

9 am - 9:45 am Balance Movement
10 - 11:30 am German Grammar Conversation and Culture - Benderson Room
10 am - 11:30 am Art Class - Art Room
10 - 11 am Nutrition & Cooking Class with All Faith's Food Bank - Cafe
11 am - 12 pm Intermediate Line Dance Class
12 - 3 pm Dup Bridge - Rm B
1 - 3 pm Live Music & Dancing w/ The Bruno Connection
2:30 - 3:30 pm Spanish Class via Zoom: hermilaperreault@gmail.com
3:30 pm - 4:30 pm Intermediate Tap

9:30 am - 11:30 am Bingo (\$5 Fee) - Library
10 am - 11 am Chair Yoga - Great Room
10 am - 3 pm Pinochle - Room B
11 am - 12 pm Meditation - Mirror Room- cxl today only
11:30 am - 3 pm Latin Social Group - Benderson Rm
1 - 2 pm Farkle- Room A
1-3 pm Mexican Train Dominoes - Library
1 - 3 pm Live Music & Dancing with Skip's Dixie Mix
1:30 - 2:30 pm Aging Rebels Discussion Group - Dwyer
2 pm - 3:30 pm VIPCare's Free Produce Truck- Parking Lot
3:15 - 4:30 pm Indoor Pickleball Free Play

9 am - 9:45 am Balance Movement
9 am Advanced 10am Intermediate 11am Beginner Tai Chi
10:30 am - 12:30 pm Technology Assistance
10 am - 12 pm Mosaics Class - Art Studio
10:30 - 11:30 am Short Story Book Club - Library
11 am - 12 pm Ballroom Dance: Tango - Great Room
11 am - 12:30 pm LGBTQ+ Grief & Loss Supp Grp - CRC Build
11:30 am - 3 pm Latin Social Group - Benderson Rm
1pm-2pm Chakra Energy Meditation- Mirror Room- NEW!
1 - 3 pm Popcorn & Movie - Cafe
1 - 3 pm Live Music & Dancing with Pure Gold
1:30-3:30pm Canasta (If New, Call Patty 919-208-5514) - Rm B
3:30 - 5:30 pm International Folk Dancing

9 am - 9:45 am Balance Movement
10 am - 11 am Chair Yoga - Great Room
10 am - 11:30 am Book Club: Clara & Mr. Tiffany - Library (last Thurs every month)
10 am - 12 pm Craft Club - Art Studio
10 am - 3 pm Pinochle - Room B
11:30 am - 3 pm Latin Social Group - Benderson Rm
12:30 pm - 2 pm Friendly Bridge - Library
1 pm - 2pm Radio Plays and Poetry Reading- Room
1 pm - 2:30 pm - Grief & Loss Support Group- CRC Build
1 - 3 pm Live Music & Dancing with Keith Carman Band
1 - 3 pm Mah Jongg - Mirror Room
3:30 - 4:30 pm Intermediate Tap Dance

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9:30 - 10:15 am Sing-a-long with Betty Comora
10 - 11 am Tai Chi - Mirror Room
10 am - 12 pm Technology Assistance
10:30 - 11:15 am Balance Movement
1 - 3 pm Live Music & Dancing with The Howlin' Bob Band
1 - 4 pm Euchre - Room B
2-4 pm What's Happening Now - Mirror Rm
3:15 - 4:30 pm Indoor Pickleball Free Play

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10 - 11:30 am German Grammar Conversation and Culture - Benderson Room
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