

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

9-10 am-Chair Core Class **1**  
 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

8:30-9 am - Intro to Line Dancing **2**  
 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

8-9 am- Produce Distribution **3**  
 9:30-11:30 am- BINGO (\$5 fee)  
 9:30-10:30 am- Zumba  
 10:40-11:40 am- YOGA  
 1-3 pm - Live Music & Dancing w/Shirley  
4th of July party with VIP/Mad dog  
 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

**4**  
*Center will be closed in honor of the 4th of July.*

9 am-12 pm - Seniors vs Crime on-site **5**  
 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*

9-10 am-Chair Core Class **8**  
 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

8:30-9 am - Intro to Line Dancing **9**  
 9-11 am- Line Dancing with Jean  
 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  
 3-4:30 pm - Clogging Class

8-9 am- Produce Distribution **10**  
 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  
 1-3 pm - Live Music & Dancing w/Shirley  
 1-4 pm- Hand n Foot  
 1:15-2:15 pm Mahjong/Beginners; 2:15-4 pm- Mahjong

9:30-11:30 am - BINGO (\$5 fee) **11**  
 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

9 am-12 pm - Seniors vs Crime on-site **12**  
 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*

9-10 am-Chair Core Class **15**  
 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

8:30-9 am - Intro to Line Dancing **16**  
 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  
 3-4:30 pm - Clogging Class

8-9 am- Produce Distribution **17**  
 9:30-11:30 am- BINGO (\$5 fee)  
 9:30-10:30 am- Zumba  
 10:40-11:30 am- YOGA  
 1-3 pm - Live Music & Dancing w/Shirley  
 1-4 pm- Hand n Foot  
 1:15pm-4pm- Mahjong/Beginners; 2:15-4 pm- Mahjong  
 3-4 pm-Dance Class w/ Mike & Rana

9:30-11:30 am - BINGO (\$5 fee) **18**  
 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

9 am-12 pm - Seniors vs Crime on-site **19**  
 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*

9-10 am-Chair Core Class **22**  
 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

8:30-9 am - Intro to Line Dancing **23**  
 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

8-9 am- Produce Distribution **24**  
8-4pm AARP Safe Driving Class  
 9:30-11:30 am- BINGO (\$5 fee)  
 9:30-10:30 am- Zumba  
 10:40-11:30 am- YOGA  
 1-3 pm - Live Music & Dancing w/Shirley  
 1-4 pm- Hand n Foot  
 1:15pm-4pm- Mahjong/Beginners; 2:15-4 pm- Mahjong  
 3-4 pm-Dance Class w/ Mike & Rana

9:30-11:30 am - BINGO (\$5 fee) **25**  
 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

9 am-12 pm - Seniors vs Crime on-site **26**  
 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*

9-10 am-Chair Core Class **29**  
 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

8:30-9 am - Intro to Line Dancing **30**  
 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

8-9 am- Produce Distribution **31**  
 9:30-11:30 am- BINGO (\$5 fee)  
 9:30-10:30 am- Zumba  
 10:40-11:30 am- YOGA  
 1-3 pm - Live Music & Dancing w/Shirley  
 1-4 pm- Hand n Foot  
 1:15pm-4pm- Mahjong/Beginners; 2:15-4 pm- Mahjong  
 3-4 pm-Dance Class w/ Mike & Rana

