

# July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1) 8:30 Billiards 10:00 Knitting, Etc. <b>1:15 Comedy Greats</b>
4) <b>Closed</b> 	5) 8:30 Billiards 9:00 Mix It Up 10:00 Portrait Art 1:00 Hi Lo Jack 3:00 Modified Yoga	6) 8:30 Billiards 9:00 Line Dancing 10:00 Tone It Up 10:00 Reflexology 1:00 Genealogy <b>1:15 Floral Arranging</b> 5:30 Yoga	7) 8:30 Billiards 9:00 Bridge 9:00 Lo Impact Aerobics 1:00 Refresher Bridge 1:15 Swingers Chorus 3:00 Modified Yoga 5:30 Yoga	8) 8:30 Billiards 9:00 Dance & Tone 10:00 Knitting, Etc. <b>10:00 Reiki</b>
11) 8:30 Billiards 9:00 Strength & Stretch <b>9:30 Dr. Pappas</b> <b>10:00 Spanish (Beginners)</b> 1:00 Stamp Club 1:30 Beg/Int Tai Chi	12) 8:30 Billiards 9:00 Mix It Up 10:00 Portrait Art 1:00 Hi Lo Jack <b>1:30 Caregivers Support</b> 3:00 Modified Yoga 5:00 Movement for Life	13) 8:30 Billiards 9:00 Line Dancing 10:00 Tone It Up 10:00 Reflexology <b>10:00 Italian (Beginners)</b> 1:00 Genealogy <b>1:30 Building a Resilient Brain</b> 5:30 Yoga <b>5:30 Caregivers Education Series</b>	14) 8:30 Billiards 9:00 Bridge 9:00 Lo Impact Aerobics <b>10:00 Ask a Lawyer</b> 1:00 Refresher Bridge 3:00 Modified Yoga 5:30 Yoga <b>Theater By The Sea Trip</b>	15) 8:30 Billiards 9:00 Dance & Tone 10:00 Knitting, Etc.
18) 8:30 Billiards 9:00 Strength & Stretch <b>10:00 Spanish (Beginners)</b> 1:30 Beg/Int Tai Chi	19) 8:30 Billiards 9:00 Mix It Up 10:00 Portrait Art 1:00 Hi Lo Jack 3:00 Modified Yoga 5:00 Movement for Life	20) 8:30 Billiards 9:00 Line Dancing 10:00 Tone It Up <b>10:00 Italian (Beginners)</b> 10:00 Reflexology 1:00 Genealogy 5:30 Yoga <b>5:30 Caregivers Education Series</b>  <b>Bull &amp; Claw Trip</b>	21) 8:30 Billiards 9:00 Bridge 9:00 Lo Impact Aerobics 1:00 Refresher Bridge 3:00 Modified Yoga 5:00 Yoga	22) 8:30 Billiards 9:00 Dance & Tone 10:00 Knitting, Etc. <b>10:00 Reiki</b>
25) 8:30 Billiards 9:00 Strength & Stretch <b>9:30 Dr. Pappas</b> <b>10:00 Spanish (Beginners)</b> 1:00 Stamp Club 1:30 Beg/Int Tai Chi	26) 8:30 Billiards 9:00 Mix It Up 10:00 Portrait Art 1:00 Hi Lo Jack <b>1:30 Caregivers Support</b> <b>1:30 Book Club</b> 3:00 Modified Yoga 5:00 Movement for Life	27) 8:30 Billiards 9:00 Line Dancing 10:00 Tone It Up <b>10:00 Italian (Beginners)</b> 10:00 Reflexology 1:00 Genealogy 5:30 Yoga <b>5:30 Caregivers Education Series</b>	28) 8:30 Billiards 9:00 Bridge 9:00 Lo Impact Aerobics 1:00 Refresher Bridge 3:00 Modified Yoga 5:30 Yoga	29) 8:30 Billiards 9:00 Dance & Tone 10:00 Knitting, Etc.