

JULY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1 9:00 – 10:00 Enhance Fitness 9:00 – 4:00 Foot Care Clinic 10:00 – 11:00 Balance & Strength 11:30 – 12:30 Hatha Yoga 12:30 – 1:30 Scrabble Club 1:00 – 2:00 Diabetic Support Group By appointment: Tech Programming</p>
<p>4 INDEPENDENCE DAY SENIOR CENTER CLOSED</p>	<p>5 9:00 – 2:00 Sea Mar Community 9:00 – 4:30 Computer Lab 9:30 – 10:30 Chair Qigong 10:00 – 11:00 Conversational German 12:30 – 3:00 Cribbage 2:30 – 4:00 Rhythm & Hand Drumming</p>	<p>6 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 10:30 Walking Wednesdays 10:00 – 11:00 Balance & Strength 10:00 – 12:00 Party Bridge 11:00 – 12:30 Writing Group 1:00 – 3:00 Mahjong 6:30 – 8:30 Dance Time with Lauren</p>	<p>7 10:00 – 11:00 Tai Chi 10:00 – 11:30 Handwork 12:00 – 3:00 Pinochle 12:00 – 4:00 Arts & Crafts Group 3:30 – 5:00 Legal Assistance with John Llewellyn By appointment: Tech Programming</p>	<p>8 9:00 – 10:00 Enhance Fitness 9:00 – 12:00 Foot Care Clinic 10:00 – 11:00 Balance & Strength 11:30 – 12:30 Hatha Yoga 12:30 – 1:30 Scrabble Club 1:30 – 2:30 Book Club for Adventurous Readers By appointment: Tech Programming</p>
<p>11 9:00 – 10:00 Enhance Fitness 9:00 – 11:00 Computer Lab 10:00 – 11:00 Gentle Chair Yoga 12:30 – 2:00 Celebrate Pride Writers Workshop 12:30 – 3:00 Movies 1:00 – 2:30 Aging Well Group 1:00 – 2:30 UKES Sing-Along 3:00 – 4:30 Computer Lab</p>	<p>12 9:00 – 2:00 Sea Mar Community 9:00 – 4:30 Computer Lab 9:30 – 10:30 Chair Qigong 10:00 – 11:00 Conversational German 11:00 – 1:00 Coffee with Vets 12:30 – 3:00 Cribbage 12:30 – 2:30 Ice Cream Social 2:30 – 4:00 Rhythm & Hand Drumming</p>	<p>13 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 10:30 Walking Wednesdays 10:00 – 11:00 Balance & Strength 10:00 – 12:00 Party Bridge 11:00 – 12:30 Poetry Writing with Koon Woon 1:00 – 3:00 Mahjong 1:00 – 4:00 Foot Care Clinic</p>	<p>14 10:00 – 11:30 Handwork 12:00 – 3:00 Pinochle 12:00 – 4:00 Arts & Crafts Group 1:00 – 2:30 Current Events Disc. Group By appointment: Tech Programming</p>	<p>15 9:00 – 10:00 Enhance Fitness 9:00 – 4:00 Foot Care Clinic 10:00 – 11:00 Balance & Strength 11:30 – 12:30 Hatha Yoga 12:30 – 1:30 Scrabble Club By appointment: Tech Programming</p>
<p>18 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 11:00 Gentle Chair Yoga 10:30 – 11:30 Line Dancing 12:30 – 3:00 Movies 1:00 – 2:30 Aging Well Group 1:00 – 2:30 UKES Sing-Along 1:30 – 2:30 Virtual Tilth “Stop Waste” Class 6:30 – 9:00 Quilters Group</p>	<p>19 9:00 – 2:00 Sea Mar Community 9:00 – 4:30 Computer Lab 9:30 – 10:30 Chair Qigong 10:00 – 11:00 Conversational German 12:30 – 3:00 Cribbage 2:30 – 4:00 Rhythm & Hand Drumming</p>	<p>20 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 10:30 Walking Wednesdays 10:00 – 11:00 Balance & Strength 10:00 – 12:00 Party Bridge 11:00 – 12:30 Writing Group 1:00 – 3:00 Mahjong 1:00 – 4:00 Foot Care Clinic 1:30 – 2:30 Caregivers Support Group</p>	<p>21 10:00 – 11:30 Handwork 12:00 – 3:00 Pinochle 12:00 – 4:00 Arts & Crafts Group 3:30 – 5:00 Legal Assistance with John Llewellyn By appointment: Tech Programming</p>	<p>22 9:00 – 10:00 Enhance Fitness 10:00 – 11:00 Balance & Strength 11:30 – 12:30 Hatha Yoga 12:30 – 1:30 Scrabble Club By appointment: Tech Programming</p>
<p>25 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 11:00 Gentle Chair Yoga 12:30 – 3:00 Movies 1:00 – 2:30 Aging Well Group 1:00 – 2:30 UKES Sing-Along</p>	<p>26 9:00 – 1:00 Sea Mar Community 9:00 – 4:30 Computer Lab 9:30 – 10:30 Chair Qigong 10:00 – 11:00 Conversational German 11:45 – 12:30 Birthday Lunch 12:30 – 3:00 Cribbage 2:30 – 4:00 Legal Assistance with Heather DeVrieze 2:30 – 4:00 Rhythm & Hand Drumming</p>	<p>27 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 10:30 Walking Wednesdays 10:00 – 11:00 Balance & Strength 10:00 – 12:00 Party Bridge 11:00 – 12:30 Poetry Writing with Koon Woon 1:00 – 3:00 Mahjong</p>	<p>28 10:00 – 11:30 Handwork 10:00 – 11:00 Tai Chi 12:00 – 3:00 Pinochle 12:00 – 4:00 Arts & Crafts Group 1:00 – 2:30 Current Events Disc. Group By appointment: Tech Programming</p>	<p>29 9:00 – 10:00 Enhance Fitness 9:00 – 4:00 Dental Care Clinic 10:00 – 11:00 Balance & Strength 11:30 – 12:30 Hatha Yoga 12:30 – 1:30 Scrabble Club By appointment: Tech Programming</p>