

PROGRAM CALENDAR | June 2024

R = RSVP

\$ = fee

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:30 - 4:30 Computer Lab 8:30 - 10:30 Haircuts (R) (\$) 10:00 Gentle Chair Yoga 11:00 Beg Line Dancing 12:00 Adv Line Dancing 12:30 Movies 1:00 Aging Well Grp (R) 1:00 UKES Sing-Along 1:00 - 3:30 Drop-In Digital Support 3:00 Digital Discussions 5:45 Ham Radio Grp 6:30 Quilters Grp	4 8:30 - 4:30 Computer Lab 9:00 Meditation 9:00 Sea Mar Community 9:30 Get Moving! 9:30 ESL Class 10:00 German 10:30 Exploring Art Class 12:30 Cribbage 1:00 Convo & Friendship Grp2 1:30 Chess Club 2:30 Hand Drumming 7:00 Westside Dance (R) (\$)	5 8:30 - 4:30 Computer Lab 10:00 Balance & Strength 10:00 Party Bridge 10:00 Writing Grp 1:00 Mahjong 1:00 Hearing for Holistic Wellness (R) 3:00 Rejuvenating Yoga 4:00 Dressings with Chef Hayla (R) (\$)	6 9:30 Tai Chi 10:00 Spanish Class 11:00 Medicare 12:00 Pinochle 1:00 Convo & Friendship Grp1 1:00 - 3:30 Drop-In Digital Support 2:30 Yoga Strong Bodies 3:30 - 5:00 Legal Assist (R) 7:00 Piano Bar (\$)	7 8:30 - 5:00 Foot Care (R) (\$) 10:00 Balance & Strength 10:00 Tech Talk 11:30 Hatha Yoga 12:30 Scrabble Club 12:30 Cell Phone 101 (R) (\$) 1:00 Diabetic Grp (R)
10 8:30 - 4:30 Computer Lab 10:00 Gentle Chair Yoga 11:00 Beg Line Dancing 12:00 Adv Line Dancing 12:30 Movies 1:00 Aging Well Grp (R) 1:00 UKES Sing-Along 1:00 - 3:30 Drop-In Digital Support 3:00 Digital Discussions	11 8:30 - 4:30 Computer Lab 9:00 Meditation 9:00 Sea Mar Community 9:30 Get Moving! 9:30 ESL Class 10:00 German 10:30 Exploring Art Class 11:00 Coffee w/ Vets 12:30 Cribbage 1:30 Chess Club 2:00 Low Vision Grp (R) 2:30 Hand Drumming	12 8:30 - 4:30 Computer Lab 10:00 Balance & Strength 10:00 Party Bridge 11:00 Journaling for Mindfulness 1:00 Understanding Dementia & Behavior (R) 1:00 Mahjong 1:00 Sound Bath Healing 1:30 Virtual Caregivers Support Grp (R) 3:00 Rejuvenating Yoga	13 9:30 Tai Chi 10:00 Spanish Class 12:00 Pinochle 1:00 Current Events Grp1 (R) 1:00 Empathy Hour 1:00 - 3:30 Drop-In Digital Support 2:30 Yoga Strong Bodies 2:30 Current Events Grp2 (R)	14 10:00 Balance & Strength 10:00 Tech Talk 11:30 Hatha Yoga 12:30 Scrabble Club 12:30 Cell Phone 101 (R) (\$) 1:00 Book Club
17 8:30 - 4:30 Computer Lab 10:00 Gentle Chair Yoga 11:00 Beg Line Dancing 12:00 Adv Line Dancing 12:30 Movies 1:00 Aging Well Grp (R) 1:00 UKES Sing-Along 1:00 - 3:30 Drop-In Digital Support 3:00 Digital Discussions 6:30 Quilters Grp	18 8:30 - 4:30 Computer Lab 9:00 Meditation 9:00 Sea Mar Community 9:30 Get Moving! 9:30 ESL Class 10:00 German 10:30 Exploring Art Class 12:30 Cribbage 1:00 Convo & Friendship Grp2 1:30 Chess Club 2:00 Parkinson Support Grp 2:30 Hand Drumming	19 Closed for Juneteenth	20 9:30 Tai Chi 10:00 Spanish Class 12:00 Pinochle 1:00 Convo & Friendship Grp1 2:30 Yoga Strong Bodies 3:30 - 5:00 Legal Assist (R)	21 10:00 Balance & Strength 11:30 Hatha Yoga 12:30 Scrabble Club
24 8:30 - 4:30 Computer Lab 10:00 Gentle Chair Yoga 11:00 Beg Line Dancing 12:00 Adv Line Dancing 12:30 Movies 1:00 Aging Well Grp (R) 1:00 UKES Sing-Along 3:00 Digital Discussions	25 8:30 - 4:30 Computer Lab 9:00 Meditation 9:00 Sea Mar Community 9:30 Get Moving! 9:30 ESL Class 10:00 German 10:30 Exploring Art Class 11:30 Birthday Lunch (R) (\$) 12:00 Cribbage 1:30 Chess Club 2:30 Hand Drumming 2:30 - 4:00 Legal Assist (R)	26 8:30 - 4:30 Computer Lab 10:00 Balance & Strength 10:00 Party Bridge 11:00 Journaling for Mindfulness 1:00 Mahjong 1:00 History Hour: State of Pride (R) 3:00 Rejuvenating Yoga	27 9:30 Tai Chi 10:00 Spanish Class 10:00 Fabric Art Design (R) 12:00 Pinochle 1:00 Current Event Grp1 (R) 1:00 Empathy Hour 2:30 Yoga Strong Bodies 2:30 Current Events Grp2 (R)	28 10:00 Balance & Strength 11:30 Hatha Yoga 12:30 Scrabble Club