

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<p>*Please note - for special programs, priority is given to regular lunch participants.</p>	<p>9:30 Bocce Ball 10:00 Tai Chi Video 11:00 Coffee & Conversation 11:00 Blood Pressure Clinic 11:30 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:30 Stay Sharp Puzzle It Out</p>	<p>11:30 Lunch with the Law</p> 	<p>10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing w/ Laura 11:30 Age Well Lunch 60+ Independence Day Lunch 12:00 Mahjong (drop-in) 12:45 Gentle Yoga w/Jeanette</p>	<p>CLOSED</p> 
7	8	9	10	11
<p>10:00 Total Body Fitness Video 11:30 Age Well Lunch 60+ 12:45 BINGO</p>	<p>9:30 Bocce Ball 10:00 Tai Chi Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:30 Stay Sharp Puzzle It Out</p>	<p>11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:30 Golden Gamers</p>	<p>10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing w/Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:45 Gentle Yoga w/Jeanette</p>	<p>9:30 Chair Exercise w/Simone 10:45 Line Dance w/Helen 11:30 Age Well Lunch 60+ 1:00 AlzOC Caregiver Support</p>
14	15	16	17	18
<p>10:00 Total Body Fitness Video 11:30 Age Well Lunch 60+ 12:45 BINGO</p>	<p>9:30 Bocce Ball 10:00 Tai Chi Video 11:00 Coffee & Conversation 11:00 Blood Pressure Clinic 11:30 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:30 Stay Sharp Puzzle It Out</p>	<p>10:00 Coffee, Donuts & Medicare with Michael Lemus</p>	<p>10:00 Tai Chi Video/Nosrat 10:00 Art for All RSVP Required Sponsor: M. Lemus MyMedicarePlan 11:30 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:45 Gentle Yoga w/Jeanette</p>	<p>Chair Exercise CANCELED 10:45 Line Dance w/Helen 11:30 Age Well Lunch 60+ 12:45 Friday Flicks</p>
21	22	23	24	25
<p>10:00 Total Body Fitness Video 11:30 Age Well Lunch 60+ 12:45 BINGO</p>	<p>9:30 Bocce Ball 10:00 Tai Chi Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:30 Stay Sharp Puzzle It Out</p>	<p>11:30 Age Well Lunch 60+ 12:30 Golden Gamers</p>	<p>10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing w/Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:45 Gentle Yoga w/Jeanette</p>	<p>Chair Exercise CANCELED 10:45 Line Dance w/Helen 11:30 Age Well Lunch 60+ 12:20 Monthly Birthday Party Sponsored by RSM Cares 12:45 Friday Flicks</p>
28	29	30	31	
<p>10:00 Total Body Fitness Video 11:30 Age Well Lunch 60+ 12:45 BINGO</p>	<p>9:30 Bocce Ball 10:00 Tai Chi Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:30 Stay Sharp Puzzle It Out</p>	<p>11:30 Age Well Lunch 60+ 12:30 Golden Gamers</p>	<p>10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing w/Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:45 Gentle Yoga w/Jeanette</p>	<p>RSVP Required</p> <p>Mon - Fri Age Well Lunch 60+ July 3 Independence Day Lunch July 17 Art for All</p>