

ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
3 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA 1:00 PM: BRIDGE 1:30 PM: SS CLASSIC	4 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: JUST MOVE IT! 1:00 PM: GAME DAY	5 8:45 AM: YOGA 1 10:00 AM: SIT, KNIT, CROCHET 9:30 AM: CRAFTS 10:00 AM: SS CIRCUIT 10:00 AM: BLOOD PRESSURE 11:30 AM: CARDIO & STRENGTH 1:00 PM: BINGO	6 9:00 AM: CHAIR YOGA 10:00 AM: ROSS PARK MALL 10:30 AM: SOMATICS 12:30 PM: MOVIE	7 9:45 AM: LINE DANCING 11:15 AM: RELAX-COORDINATION-ACTIVITY CLASS
10 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA 11:00 AM: WALMART 1:00 PM: BRIDGE 1:30 PM: SS CLASSIC	11 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: JUST MOVE IT! 1:00 PM: SOUND BATH 1:00 PM: GAME DAY	12 8:45 AM: YOGA 1 10:00 AM: SIT, KNIT, CROCHET 9:30 AM: CRAFTS 10:00 AM: SS CIRCUIT 11:30 AM: CARDIO & STRENGTH 1:00 PM: BINGO	13 9:00 AM: CHAIR YOGA 9:00 AM: MEN'S COFFEE & DONUTS 10:30 AM: SOMATICS 12:00 PM: EMERALD HOME HEALTH	14 9:45 AM: LINE DANCING 11:15 AM: EXERCISE WITH THE DIRECTOR 12:00 PM: LUNCH WITH FRIENDS
17 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA 11:00 AM RIVERS CASINO 11:45 PM: BOOKCLUB 1:00 PM: BRIDGE 1:30 PM: HEALTHY COOKING	18 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: JUST MOVE IT! 12:00 PM: CHASE BANK 1:00 PM: GAME DAY	19 8:45 AM: YOGA 1 10:00 AM: SIT, KNIT, CROCHET 9:30 AM: CRAFTS 10:00 AM: SS CIRCUIT 10:00 AM: BLOOD PRESSURE 11:30 AM: CARDIO & STRENGTH 1:00 PM: BINGO	20 9:00 AM: CHAIR YOGA 10:30 AM: SOMATICS 2:00 PM: TEA TALKS	21 9:45 AM: LINE DANCING 11:15 AM: RELAX-COORDINATION-ACTIVITY CLASS 12:00 PM: STAY HEALTHY IN THE HEAT
24 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA 12:30 PM: MOVIE 1:00 PM: BRIDGE 1:30 PM: SS CLASSIC	25 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: JUST MOVE IT! 1:00 PM: GAME DATE/BUNCO	26 8:45 AM: YOGA 1 10:00 AM: SIT, KNIT, CROCHET 9:30 AM: CRAFTS 10:00 AM: SS CIRCUIT 11:30 AM: CARDIO & STRENGTH 1:00 PM: BINGO	27 9:00 AM: CHAIR YOGA 10:30 AM: SOMATICS 12:00 PM: KEYSTONE 1:00 PM: MEMORIES 5:00 PM: DINNER W/ FRIENDS	28 9:45 AM: LINE DANCING 11:15 AM: RELAX-COORDINATION-ACTIVITY CLASS
31 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA 1:00 PM: BRIDGE 1:30 PM: SS CLASSIC 2:00 PM: ART SHOW				



ACTIVITY CALENDAR



Mon	Tue	Wed	Thu	Fri
		1 8:45 AM: YOGA 1 10:00 AM: SIT, KNIT, CROCHET 9:30 AM: CRAFTS 10:00 AM: SS CIRCUIT 11:30 AM: CARDIO & STRENGTH 1:00 PM: BINGO	2 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 1:00 PM: MOVIE	
6 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA 12:30 PM: ACTIVITY PLANNING 1:00 PM: BRIDGE 1:30 PM: SS CLASSIC	7 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: ON THE MOVE 1:00 PM: GAME DAY	8 8:45 AM: YOGA 1 10:00 AM: SIT, KNIT, CROCHET 9:30 AM: CRAFTS 10:00 AM: SS CIRCUIT 10:00 AM: BLOOD PRESSURE 11:30 AM: CARDIO & STRENGTH 1:00 PM: BINGO	9 9:00 AM : CHAIR YOGA 9:00 AM: MEN'S COFFEE & DONUTS 10:30 AM: SOMATICS 12:00 PM: BRIDGES HOS-PICE	10 9:15 AM: BEGINNER'S LINE DANCING 9:45 AM: LINE DANCING 11:15 AM: EXERCISE WITH THE DIRECTOR
13 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA 10:30 AM: PHIPPS FLOWER SHOW 11:00 AM: WALMART 1:00 PM: BRIDGE 1:30 PM: SS CLASSIC	14 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: ON THE MOVE 1:00 PM: GAME DAY/BUNCO	15 1 8:45 AM: YOGA 1 10:00 AM: SIT, KNIT, CROCHET 9:30 AM: CRAFTS 10:00 AM: SS CIRCUIT 11:30 AM: CARDIO & STRENGTH 1:00 PM: BINGO	16 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 1:00 PM: ICE CREAM SUNDAES 	17 9:15 AM: BEGINNER'S LINE DANCING 9:45 AM: LINE DANCING 11:15 AM: RELAX-COORDINATION-ACTIVITY CLASS
20 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA 11:00 AM: RIVERS CASINO 11:45 AM: BOOK CLUB 1:00 PM: BRIDGE 1:30 PM: HEALTHY COOKING	21 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 12:00 PM: PICNIC 	22 8:45 AM: YOGA 1 10:00 AM: SIT, KNIT, CROCHET 9:30 AM: CRAFTS 10:00 AM: SS CIRCUIT 10:00 AM: BLOOD PRESSURE 11:30 AM: CARDIO & STRENGTH 1:00 PM: BINGO	23 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 11:30 AM: CLEARCAPTIONS 5:00 PM: DINNER W/ FRIENDS	24 9:15 AM: BEGINNERS LINE DANCING 9:45 AM: LINE DANCING 11:15 AM: RELAX-COORDINATION-ACTIVITY CLASS
27 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA 12:00 PM: PHIL LITTLE 1:00 PM: BRIDGE 1:30 PM: SS CLASSIC	28 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: ON THE MOVE 12:00 PM: LUNCH W/FRIENDS 1:00 PM: GAME DAY/BUNCO	29 8:45 AM: YOGA 1 10:00 AM: SIT, KNIT, CROCHET 9:30 AM: CRAFTS 10:00 AM: SS CIRCUIT 11:30 AM: CARDIO & STRENGTH 1:00 PM: BINGO	30 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 1:00 PM: MEMORIES ARE MADE OF THIS	31 9:15 AM: BEGINNERS LINE DANCING 9:45 AM: LINE DANCING 11:15 AM: RELAX-COORDINATION-ACTIVITY CLASS