Wednesday Thursday Monday Tuesday Friday 2 3 1 pm 4th of July Craft with **Closed for the Stoneybrook Suites** 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy **Center Closed** 4th of July 7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Quilting Club 9:00 am Senior Companion Meeting 9:00 am Duplicate Bridge 9:30 am Painting Class 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 10:00 am Chess 9:00 am Rock Steady Boxing (Fee) 10:00 am Wii Bowling 9:30 am Painting Class 9:30 am Bible Study **10:00 am** Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 10:00 am Creative Writing 11:00 am Choir Practice 10:00 am Tai Chi (Beginning) 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 12:00 pm 500 Card Club 11:00 am Mah Jongg (experienced players) 12:00 pm Bridge –Men 11:30 am Jazz Dancercise 12:30 pm Chair Yoga with Suky 11:30 am Mexican Train, Unlucky 7 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness 12:30 pm Penny Bingo 12:30 pm Tap Ďance 12:30 pm Painting Class 1:00 pm Ping Pong 9 8 11 10 am Book Discussion Group 12-1 pm Team Trivia 1 pm Craft with Bickford 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 7:30 am—1 pm Coffee Shop 1 pm Karaoke on the stage 10:00 am Chair Yoga with Kaye
10:00 am T.O.P.S meeting
(Take Off Pounds Sensibly)
11:00 am-12:30 pm Full lunch
11:30 am Open Bridge Group
11:30 am Mixed Media Art Class/ Vivian Miller 7:30 am—1 pm Coffee Shop 7:30 am—1 pm Coffee Shop 8:00 am-9:30 am Biscuits and Gravy 7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Quilting Club 9:00 am Yoga 9:00 am Duplicate Bridge 7:45 am Walking Exercise 8:15 am Spanish Class 8:15 am Spanish Class 9:00 am Penny Bingo 9:00 am Senior Yoga (CD) 9:30 am Cornhole 9:30 am Painting Class 9:00 am Fitness Logic with Lee 9:00 am Tatting
9:00 am Rock Steady Boxing (Fee) 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 10:00 am Chess 9:30 am Intermediate/Advanced Bridge 10:00 am Wii Bowling 9:00 am Bellydancing 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 9:30 am Painting Class 9:30 am Bible Study 10:00 am Knitting & Crocheting 12:00 pm Bunco-\$1 entry 9:00 am Line Dance Beginner, Registration Req. 10:00 am Tai Chi (Advanced) 12:00 pm 500 Card Club 9:00 am SilverSneakers Classic Fitness 10:00 am Creative Writing 10:00 am Tens Card Game 11:00 am Balance Class 11:00 am Choir Practice 12:00 pm Card/ Board Game Group-Misc. 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Tai Chi (Beginning) 11:00 am-12:30 pm Full lunch 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 10:30 am SilverSneakers Classic Fitness 11:30 am Woodcarving 10:00 am Canasta 11:30 am Cribbage 12:00 pm Bunco-\$1 entry 11:00 am Belly Dancing 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg (experienced players)
11:30 am Jazz Dancercise 11:00 am Mah Jongg 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Balance Class **Featuring** 12:30 pm Chair Yoga with Suky 12:00 pm Pinochle 11:30 am Mexican Train, Unlucky 7 12:00 pm Bridge-Duplicate 1:00 pm Coloring Corner 4 on the Road 12:30 pm SilverSneakers Chair Fitness 12:30 pm Penny Bingo 1:00 pm SilverSneakers Chair Fitness 12:30 pm Tap Dance 1:30 pm Beginning Spanish 12:00 pm Open Bridge 12:30 pm Painting Class 1:00 pm Ping Pong 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group 14 15 16 **17** 18 1 pm Birthday Party 7:30 am—1 pm Coffee Shop 9:00 am Fitness Class 9-10:30 am Self Defense Class 1 pm Karaoke on the stage (2nd Monday) 7:30 am-1 pm Coffee Shop 10:00 am Chair Yoga with Kaye 7:30 am—1 pm Coffee Shop Wheel of Fortune 10:00 am T.O.P.S meeting 8:15 am Spanish Class 8:15 am Spanish Class 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy Cake sponsored by 9:00 am Penny Bingo (Take Off Pounds Sensib 9:00 am Quilting Club 11:00 am-12:30 pm Full lunch 9:00 am Tatting 9:00 am Rock Steady Boxing (Fee) The Heritage of 9:00 am Fitness Logic with Lee 11:30 am Open Bridge Group 9:00 am Penny Bingo Northern Hills 9:00 am Yoga 9:00 am Bellydancing 11:30 am Mixed Media Art Class/ Vivian Miller 9:00 am Rock Steady Boxing (Fee) 9:00 am Duplicate Bridge 12:00 pm 500 Card Club 9:00 am Line Dance Beginner, Registration Req. 9:30 am Painting Class 9:30 am Painting Class 12:00 pm Card/ Board Game Group-Misc. 7:30 am-1 pm Coffee Shop 9:00 am SilverSneakers Classic Fitness 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Chess 10:00 am Wii Bowling 12:30 pm Open Craft Time 7:45 am Walking Exercise 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 1:00—3:30 pm Friday Dance 8:15 am Spanish Class 9:00 am Senior Yoga (CD) 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness **10:00 am** Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests Hilda's Bakery Trunk Sale 11:00 am Line Dance (Advanced) 9:30 am Cornhole 11:00 am Belly Dancing 11:00 am Choir Practice 11:00 am Mah Jongg (beginner 9:30 am Intermediate/Advanced Bridge 11:00 am Mah Jongg (experienced players) **11:30 am** Phase 10 **12:00 pm** 500 Card Club Featuring 11:30 am Jazz Dancercise 11:30 am Mexican Train 10:00 am Knitting & Crocheting lessons offered) 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Balance Class The Singer Family Band 10:00 am Tai Chi (Advanced) 12:00 pm Bridge –Men 12:30 pm Chair Yoga with Suky 10:00 am Tens Card Game 11:30 am Unlucky 7 Dice Game Saturday, July 19, 11:00 am Balance Class 12:30 pm Penny Bingo 1:00 pm Coloring Corner 11:30 am Woodcarving 7-10 pm 12:00 pm Open Bridge 12:30 pm Tap Dance 1:00 pm SilverSneakers Chair Fitness 11:30 am Cribbage 12:30 pm Painting Class 1:00 pm Ping Pong 12:30 pm Penny Bingo **Saturday Night Dance Party** 1:30 pm Beginning Spanish 12:00 pm Pinochle 1:00 pm Ping Pong featuring Surfin' Safari 12:00 pm Bridge-Duplicate 1:00 pm Social Group 21 22 23 25 24 12-1 pm Team Trivia 10 am Technology Class: 1 pm Karaoke on the stage 7:30 am—1 pm Coffee Shop 1-3 pm Jukebox Dance Party Zoom 1-2:30 pm Self Defense Class 9:00 am Fitness 7:30 am—1 pm Coffee Shop 7:30 am—1 pm Coffee Shop 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 8:15 am Spanish Class 8:15 am Spanish Class 7:30 am-1 pm Coffee Shop 7:30 am-1 pm Coffee Shop 9:00 am Quilting Club 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 7:45 am Walking Exercise 9:00 am Tatting 9:00 am Rock Steady Boxing (Fee) 8:15 am Spanish Class 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 9:00 am Penny Bingo 9:00 am Yoga 9:00 am Duplicate Bridge 9:30 am Painting Class 9:00 am Senior Yoga (CD) 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:30 am Cornhole
9:30 am Intermediate/Advanced Bridge 12:00 pm Bunco-\$1 entry 9:30 am Painting Class 9:30 am Bible Study 9:00 am Line Dance Beginner, Registration Req. **12:00 pm** 500 Card Club 9:00 am SilverSneakers Classic Fitness 10:00 am Chess 10:00 am Knitting & Crocheting 10:00 am Creative Writing 12:00 pm Card/ Board Game Group-Misc. 9:00 am Beginner Bridge 10:00 am Wii Bowling 10:00 am Tai Chi (Advanced) 10:00 am Tai Chi (Beginning) 12:30 pm Open Craft Time 10:00 am Line Dance (Intermediate) **10:00 am** Sexy & Fit after 40 10:00 am Tens Card Game 1:00—3:30 pm Friday Dance 10:30 am SilverSneakers Classic Fitness 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 10:00 am Canasta 11:00 am Balance Class 11:30 am Woodcarving am Belly Dancing Featuring 11:00 am Mah Jongg (experienced players) 11:00 am Mah Jongg (beginner 11:30 am Cribbage 12:00 pm Bunco-\$1 entry Country Brew 11:00 am-12:30 pm Full lunch lessons offered)
11:30 am Woodcarving 11:30 am Jazz Dancercise 11:30 am Phase 10 12:00 pm 500 Card Club 11:30 am Mexican Train 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 11:30 am Woodearving 11:30 am Cribbage 12:00 pm Balance Class 11:30 am Unlucky 7 Dice Game 12:00 pm Bridge –Men 12:30 pm Chair Yoga with Suky 12:30 pm Penny Bingo 12:30 pm SilverSneakers Chair Fitness 12:30 pm Tap Dance 12:00 pm Open Bridge 1:00 pm Coloring Corner 1:00 pm Drumming Class 12:30 pm Painting Class 12:30 pm Penny Bingo 1:00 pm SilverSneakers Chair Fitness 1:00 pm Ping Pong 1:00 pm Ping Pong 1:30 pm Beginning Spanish 28 29 30 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 7:30 am—1 pm Coffee Shop 1 pm Karaoke on the stage 1 pm Parkinson's Support Group 8:15 am Spanish Class 7:30 am—1 pm Coffee Shop 7:30 am—1 pm Coffee Shop 9:00 am Fitness Logic with Lee 9:00 am Fitness 8:15 am Spanish Class 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 7:30 am—1 pm Coffee Shop 9:00 am Yoga 9:00 am Penny Bingo 9:00 am Penny Bingo 9:00 am Duplicate Bridge 7:45 am Walking Exercise 9:00 am Rock Steady Boxing (Fee) 9:00 am Tatting
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12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group