

## Monday

## Tuesday

## Friday

**2**

8:00 am Scrapbooking  
 8:30 am Yoga with Amanda  
 8:30 am Exercise Plus 50  
 9:30 am Interm. Duplicate Bridge Class  
 9:30 am Wii Bowling  
 9:30 am Tap Class  
 9:45 am Review Tai Chi Class  
 10:00 am Knitting & Crocheting  
 10:00 am Open Guitar Practice  
 11:00 am American Mah Jong  
 11:30 am-12:30 pm Lunch  
 12:00 pm ACBL Duplicate Bridge  
 12:30 pm Woodcarving  
 12:30 pm Movie “Disney movie– UP”  
 1:00 pm Ballet Exercise & Jazz  
 1:00 pm Pinochle  
 2:00 pm Walking Off Pounds  
 2:30 pm Fitness with Kelly  
 4:00 pm-? Open -Card/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs & Jokers, Ect.  
 4:30 - 8:00 pm Drop in Programming (watch Center postings for new programming)

**3**

8:00 am Penny Bingo  
 8:30 am Enhance Fitness w/YMCA Instr.  
 9:00 am Senior Yoga  
 9:30 am Painting Class  
 9:30 am Fitness w/ Dixie from Regency Square  
 10:00 am Creative Writing  
 10:00 am Walking Off Pounds  
 10:00 am Belly Dancing  
 10:45 am Beginning Tai Chi Class  
 11:30 am-12:30 pm Lunch  
 12:30 pm Hoopla  
 1:00 pm Tap Class  
 12:30 pm Penny Bingo  
 12:30 pm Pitch  
 1:00 pm Mexican Train  
 1:00 pm Painting Class  
 2:00 pm Ping Pong  
 4:00-8:00 pm Cards- “500  
 6:00- 7:00 pm Ballroom Dance Lessons with Jane Suggested \$5.00 a night /\$20.00 monthly donation  
 6:00- 8:00 pm Women to the Rescue-Las mujeres al rescate  
 6:00- 8:00 pm Wii Bowling  
 4:30 - 8:00 pm Drop in Programming

**4**

**Happy 4th of July!**

**Center is Closed-  
 See you all  
 Thursday, July  
 5th.....**

**5**

8:00 am Penny Bingo  
 8:15 am Exercise with Courtney  
 9:00 am Yoga  
 9:00 am Beginner 2 Line Dance  
 10:00 am Beginning Bridge (Howard/Ercolini)  
 10:00 am Walking off the Pounds  
 10:00 am Men's Club  
 10:00 am Women's Club  
 10:30 am Balance Class w/YMCA Instr.  
 11:00 am Advanced Line Dance  
 11:30 am-12:30 pm Lunch  
 12:30 pm Canasta  
 12:30 pm Penny Bingo  
 12:30 pm Woodcarving  
 12:30 pm ACBL Duplicate Bridge  
 1:00 pm Men's & Women's Social Group  
 1:00 pm Inter. Line Dance  
 1:00 pm Cribbage  
 2:00 pm Ping Pong  
 3:45 pm Yoga/ Meditation with Courtney  
 4:30 - 8:00 pm Drop in Programming  
 5:00 pm Exercise with Courtney  
 6:00 pm Meditation with Courtney  
 6:15-8:00 pm Mixed Media Art (\$10.00)

**6**

8:30 am Enhance Fitness w/YMCA Instr.  
 9:00 am Mixed Media Art Class/Vivian Miller  
 9:30 am Wii Bowling  
 9:30 am Fitness w/ Lee  
 9:30 am Women's Pool Shooting Class  
 10:00 am Blood Pressures  
 11:30 am-12:30 pm Lunch  
 12:00 pm Beginner Tap  
 12:00 pm Open Bridge Group  
 12:30 pm Open Craft Time  
 1:00 pm Open Bridge  
 1:00 pm 500  
 1:00 pm Friday Dance -weekly drawing for a special table treat

**Featuring “Country Flavor Band” Jerry O’Dell**

**9**

**9:30 am Grief Support  
 1:00 pm Birthday Party  
 Hosted by Mens & Womens Social /  
 Wii Bowling  
 Entertainment– Tia Chi**

8:00 am Scrapbooking  
 8:30 am Yoga with Amanda  
 8:30 am Exercise Plus 50  
 9:30 am Interm. Duplicate Bridge Class  
 9:30 am Wii Bowling  
 9:30 am Tap Class  
 9:45 am Review Tai Chi Class  
 10:00 am Knitting & Crocheting  
 10:00 am Open Guitar Practice  
 11:00 am American Mah Jong  
 11:30 am-12:30 pm Lunch  
 12:00 pm ACBL Duplicate Bridge  
 12:30 pm Woodcarving  
 1:00 pm Ballet Exercise & Jazz  
 1:00 pm Pinochle  
 2:00 pm Walking Off Pounds  
 2:30 pm Fitness with Kelly  
 4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs & Jokers, Ect.  
 4:30 - 8:00 pm Drop in Programming

**10**

8:00 am Penny Bingo  
 8:30 am Enhance Fitness w/YMCA Instr.- moved to Siouxland Hearing Healthcare-Conference Room  
 8:30 am Free Student Health History & Physicals with Briar Cliff University Nurse Practitioner (Pre-registration required) M/P room  
 9:00 am Senior Yoga  
 9:30 am Fitness w/ Dixie from Regency Square –moved to SHH-Conference room  
 9:30 am Painting Class  
 10:00 am Creative Writing  
 10:00 am Walking Off Pounds-  
 10:00 am Belly Dancing  
 10:45 am Beginning Tai Chi Class  
 11:30 am-12:30 pm Lunch  
 12:30 pm Hoopla  
 12:30 pm Penny Bingo  
 12:30 pm Pitch  
 1:00 pm Mexican Train  
 1:00 pm Painting Class  
 1:00 pm Tap Class  
 2:00 pm Ping Pong  
 4:00-8:00 pm Cards- “500  
 4:30 - 8:00 pm Drop in Programming  
 6:00- 7:00 pm Ballroom Dance Lessons with Jane- Suggested \$5.00 a night /\$20.00 monthly donation  
 6:00- 8:00 pm Women to the Rescue—Las

**11 10:30 a.m. Talk Show  
 “Destination Tours” With Karen  
 Bouwman from R & K Tours.**

8:30 am Enhance Fitness w/YMCA Instr.  
 9:00 am Yoga w/Dixie from Regency Square  
 9:00 am Chorus  
 9:00 am Open Novice Dup. Bridge Game  
 9:30 am Painting Class  
 10:00 am Chess Group  
 10:00 am Sexy & Fit after 40  
 10:30 am Pinky's Jam Session  
 11:00 am Ballet Exercise & Jazz  
 11:30 am-12:30 pm Lunch  
 12:00 pm Choreographed Ballroom  
 12:30 pm Scrabble  
 1:00 pm Phase 10  
 1:00 pm Coloring Corner  
 1:00 pm 500  
 2:30 pm Walking of the Pounds  
 3:00 pm Fitness with Kelly  
 5:00 pm Exercise with Courtney  
 6:00 pm Meditation w/ Courtney  
 6:00 pm ACBL Duplicate Bridge  
 6:00 pm Penny Bingo  
 6:00 -7:30 pm Cooking / Baking with Touchstone - 1st & 3rd Wednesday of the month.

**12 1-3pm Rootbeer Floats/Ice  
 Cream Social with Siera  
 from Humana**

8:00 am Penny Bingo  
 8:15 am Exercise with Courtney  
 9:00 am Yoga  
 9:00 am Beginner 2 Line Dance  
 10:00 am Beginning Bridge (Howard/Ercolini)  
 10:00 am Walking off the Pounds  
 10:00 am Men's Club  
 10:00 am Women's Club  
 10:30 am Balance Class w/YMCA Instr.  
 11:00 am Advanced Line Dance  
 11:30 am-12:30 pm Lunch  
 12:30 pm Canasta  
 12:30 pm Penny Bingo  
 12:30 pm Woodcarving  
 12:30 pm ACBL Duplicate Bridge  
 1:00 pm Men's & Women's Social Group  
 1:00 pm Inter. Line Dance  
 1:00 pm Cribbage  
 2:00 pm Ping Pong  
 3:45 pm Yoga/ Meditation with Courtney  
 5:00 pm Exercise with Courtney  
 6:00 pm Meditation with Courtney  
 6:15-8:00 pm Mixed Media Art (\$10.00)

**13**

8:30 am Enhance Fitness w/YMCA Instr.  
 9:00 am Mixed Media Art Class/Vivian Miller  
 9:30 am Wii Bowling  
 9:30 am Fitness w/ Lee  
 9:30 am Women's Pool Shooting Class  
 10:00 am Blood Pressures  
 11:30 am-12:30 pm Lunch  
 12:00 pm Open Bridge Group  
 12:30 pm Open Craft Time  
 1:00 pm Open Bridge  
 1:00 pm 500  
 1:00 pm Friday Dance - weekly drawing for a special table treat

**Featuring “Country Brew”**

**16**

8:00 am Scrapbooking  
 8:30 am Yoga with Amanda  
 8:30 am Exercise Plus 50  
 9:30 am Interm. Duplicate Bridge Class  
 9:30 am Wii Bowling  
 9:30 am Tap Class  
 9:45 am Review Tai Chi Class  
 10:00 am Knitting & Crocheting  
 10:00 am Open Guitar Practice  
 11:00 am American Mah Jong  
 11:30 am-12:30 pm Lunch  
 12:00 pm ACBL Duplicate Bridge  
 12:30 pm Woodcarving  
 12:30 pm Ballroom Lessons  
 12:30 pm Movie -“Across the Universe”  
 1:00 pm Ballet Exercise & Jazz  
 1:00 pm Pinochle  
 2:00 pm Walking Off Pounds-exercise room  
 2:30 pm Fitness with Kelly  
 4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs & Jokers, Ect.  
 4:30 - 8:00 pm Drop in Programming

**17**

8:00 am Penny Bingo  
 8:30 am Enhance Fitness w/YMCA Instr.  
 9:00 am Senior Yoga  
 9:30 am Fitness w/ Dixie from Regency Square  
 9:30 am Painting Class  
 10:00 am Creative Writing  
 10:00 am Walking Off Pounds  
 10:00 am Belly Dancing  
 10:45 am Beginning Tai Chi Class  
 11:30 am-12:30 pm Lunch  
 12:30 pm Hoopla  
 1:00 pm Tap Class  
 12:30 pm Penny Bingo  
 12:30 pm Pitch  
 1:00 pm Mexican Train  
 1:00 pm Painting Class  
 2:00 pm Ping Pong  
 4:00-8:00 pm Cards- “500  
 4:30 - 8:00 pm Drop in Programming  
 6:00- 7:00 pm Ballroom Dance Lessons with Jane- Suggested \$5.00 a night /\$20.00 monthly donation  
 6:00- 8:00 pm Women to the Rescue—Las mujeres al rescate  
 6:00-8:00 pm Wii Bowling

**18 10:30 a.m. Talk Shows ”  
 Falls & Meditation with  
 Becky from Casa De Paz.**

8:30 am Enhance Fitness w/YMCA Instr.  
 9:00 am Yoga w/Dixie from Regency Square  
 9:00 am Open Novice Dup. Bridge Game  
 9:00 am Chorus  
 9:30 am Painting Class  
 10:00 am Chess Group  
 10:00 am Sexy & Fit after 40  
 10:30 am Pinky's Jam Session  
 11:00 am Ballet Exercise & Jazz  
 11:30 am-12:30 pm Lunch  
 12:00 pm Choreographed Ballroom  
 12:30 pm Scrabble  
 1:00 pm Phase 10  
 1:00 pm Coloring Corner  
 1:00 pm Disabilities Resource Center – Candidate Forum  
 1:00 pm 500  
 2:30 pm Walking of the Pounds  
 3:00 pm Fitness with Kelly  
 5:00 pm Exercise with Courtney  
 6:00 pm Meditation w/ Courtney  
 6:00 pm ACBL Duplicate Bridge  
 6:00 pm Penny Bingo

**19**

8:00 am Penny Bingo  
 8:15 am Exercise with Courtney  
 9:00 am Yoga  
 9:00 am Beginner 2 Line Dance  
 10:00 am Beginning Bridge (Howard/Ercolini)  
 10:00 am Walking off the Pounds  
 10:00 am Men's Club  
 10:00 am Women's Club  
 10:30 am Balance Class w/YMCA Instr.  
 11:00 am Advanced Line Dance  
 11:30 am-12:30 pm Lunch  
 12:30 pm Canasta  
 12:30 pm Penny Bingo  
 12:30 pm Woodcarving  
 12:30 pm ACBL Duplicate Bridge  
 1:00 pm Men's & Women's Social Group  
 1:00 pm Inter. Line Dance  
 1:00 pm Cribbage  
 2:00 pm Ping Pong  
 3:45 pm Yoga/ Meditation with Courtney  
 5:00 pm Exercise with Courtney  
 6:00 pm Meditation with Courtney  
 6:15-8:00 pm Mixed Media Art (\$10.00)

**20**

8:30 am Enhance Fitness w/YMCA Instr.  
 9:00 am Mixed Media Art Class/Vivian Miller  
 9:30 am Wii Bowling  
 9:30 am Fitness w/ Lee  
 9:30 am Women's Pool Shooting Class  
 10:00 am Blood Pressures  
 11:30 am-12:30 pm Lunch  
 12:00 pm Beginner Tap  
 12:00 pm Open Bridge Group  
 12:30 pm Open Craft Time  
 1:00 pm Open Bridge  
 1:00 pm 500  
 1:00 pm Friday Dance - weekly drawing for a special table treat

**Featuring “Shirley’s Big Band”**

**23 1:00 p.m -  
 Parkinson’s Support  
 Group**

8:00 am Scrapbooking  
 8:30 am Yoga with Amanda  
 8:30 am Exercise Plus 50  
 9:30 am Interm. Duplicate Bridge Class  
 9:30 am Wii Bowling  
 9:30 am Tap Class  
 9:45 am Review Tai Chi Class  
 10:00 am Knitting & Crocheting  
 10:00 am Open Guitar Practice  
 11:00 am American Mah Jong  
 11:30 am-12:30 pm Lunch  
 12:00 pm ACBL Duplicate Bridge  
 12:30 pm Woodcarving  
 12:30 pm Ballroom Lessons  
 12:30 pm Movie -“Hachi”  
 1:00 pm Ballet Exercise & Jazz  
 1:00 pm Pinochle  
 2:00 pm Walking Off Pounds--exercise room  
 2:30 pm Fitness with Kelly  
 4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs & Jokers, Ect.  
 4:30 - 8:00 pm Drop in Programming

**24**

8:00 am Penny Bingo  
 8:30 am Enhance Fitness w/YMCA Instr.  
 9:00 am Senior Yoga  
 9:30 am Fitness w/ Dixie from Regency Square  
 9:30 am Painting Class  
 10:00 am Creative Writing  
 10:00 am Walking Off Pounds  
 10:00 am Belly Dancing  
 10:45 am Beginning Tai Chi Class  
 11:30 am-12:30 pm Lunch  
 12:30 pm Hoopla  
 1:00 pm Tap Class  
 12:30 pm Penny Bingo  
 12:30 pm Pitch  
 1:00 pm Mexican Train  
 1:00 pm Painting Class  
 2:00 pm Ping Pong  
 4:00-8:00 pm Cards- “500  
 4:30 - 8:00 pm Drop in Programming  
 6:00- 7:00 pm Ballroom Dance Lessons with Jane- Suggested \$5.00 a night /\$20.00 monthly donation  
 6:00- 8:00 pm Women to the Rescue—Las mujeres al rescate  
 6:00-8:00 pm Wii Bowling

**25 10:30 a.m. Talk & Tour  
 “ Woodbury Court House Guided Tour”  
 with Matthew Ung-Board of Supervisors.  
 Leaving at 10:15**

8:30 am Enhance Fitness w/YMCA Instr.  
 9:00 am Yoga w/Dixie from Regency Square  
 9:00 am Open Novice Dup. Bridge Game  
 9:00 am Chorus  
 9:30 am Painting Class  
 10:00 am Chess Group  
 10:00 am Sexy & Fit after 40  
 10:30 am Pinky's Jam Session  
 11:00 am Ballet Exercise & Jazz  
 11:30 am-12:30 pm Lunch  
 12:00 pm Choreographed Ballroom  
 12:30 pm Scrabble  
 1:00 pm Phase 10  
 1:00 pm Coloring Corner  
 1:00 pm 500  
 2:30 pm Walking of the Pounds  
 3:00 pm Fitness with Kelly  
 5:00 pm Exercise with Courtney  
 6:00 pm Meditation w/ Courtney  
 6:00 pm ACBL Duplicate Bridge  
 6:00 pm Penny Bingo  
 6:00 -7:30 pm Cooking / Baking with Touchstone -1st & 3rd Wednesday of the month.

**26**

8:00 am Penny Bingo  
 8:15 am Exercise with Courtney  
 9:00 am Yoga  
 9:00 am Beginner 2 Line Dance  
 10:00 am Beginning Bridge (Howard/Ercolini)  
 10:00 am Walking off the Pounds  
 10:00 am Men's Club  
 10:00 am Women's Club  
 10:30 am Balance Class w/YMCA Instr.  
 11:00 am Advanced Line Dance  
 11:30 am-12:30 pm Lunch  
 12:30 pm Canasta  
 12:30 pm Penny Bingo  
 12:30 pm Woodcarving  
 12:30 pm ACBL Duplicate Bridge  
 1:00 pm Men's & Women's Social Group  
 1:00 pm Inter. Line Dance  
 1:00 pm Cribbage  
 2:00 pm Ping Pong  
 3:45 pm Yoga/ Meditation with Courtney  
 5:00 pm Exercise with Courtney  
 6:00 pm Meditation with Courtney  
 6:15-8:00 pm Mixed Media Art (\$10.00)

**27**

8:30 am Enhance Fitness w/YMCA Instr.  
 9:00 am Mixed Media Art Class/Vivian Miller  
 9:30 am Wii Bowling  
 9:30 am Fitness w/ Lee  
 9:30 am Women's Pool Shooting Class  
 10:00 am Blood Pressures  
 11:30 am-12:30 pm Lunch  
 12:00 pm Beginner Tap  
 12:00 pm Open Bridge Group  
 12:30 pm Open Craft Time  
 1:00 pm Open Bridge  
 1:00 pm 500  
 1:00 pm Friday Dance - weekly drawing for a special table treat

**Featuring “Burt Heithold”**

**30**

8:00 am Scrapbooking  
 8:30 am Yoga with Amanda  
 8:30 am Exercise Plus 50  
 9:30 am Interm. Duplicate Bridge Class  
 9:30 am Wii Bowling  
 9:30 am Tap Class  
 9:45 am Review Tai Chi Class  
 10:00 am Knitting & Crocheting  
 10:00 am Open Guitar Practice  
 11:00 am American Mah Jong  
 11:30 am-12:30 pm Lunch  
 12:00 pm ACBL Duplicate Bridge  
 12:30 pm Woodcarving  
 12:30 pm Ballroom Lessons  
 12:30 pm Movie -“The Water Horse”  
 1:00 pm Ballet Exercise & Jazz  
 1:00 pm Pinochle  
 2:00 pm Walking Off Pounds--exercise room  
 2:30 pm Fitness with Kelly  
 4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs & Jokers, Ect.

**31**

8:00 am Penny Bingo  
 8:30 am Enhance Fitness w/YMCA Instr.  
 9:00 am Senior Yoga  
 9:30 am Fitness w/ Dixie from Regency Square  
 9:30 am Painting Class  
 10:00 am Creative Writing  
 10:00 am Walking Off Pounds  
 10:00 am Belly Dancing  
 10:45 am Beginning Tai Chi Class  
 11:30 am-12:30 pm Lunch  
 12:30 pm Hoopla  
 1:00 pm Tap Class  
 12:30 pm Penny Bingo  
 12:30 pm Pitch  
 1:00 pm Mexican Train  
 1:00 pm Painting Class  
 2:00 pm Ping Pong  
 4:00-8:00 pm Cards- “500  
 4:30 - 8:00 pm Drop in Programming  
 6:00- 7:00 pm Ballroom Dance Lessons with Jane- Suggested \$5.00 a night /\$20.00 monthly donation  
 6:00- 8:00 pm Women to the Rescue—Las mujeres al rescate  
 6:00-8:00 pm Wii Bowling