


Monday	Tuesday	Wednesday	Thursday	Friday
		<p>Open to the Public  <b>\$2.00 Biscuits and Gravy</b>                      On Wednesday's only.                      Serving from 8-10 a.m.                      Buy coffee from coffee shop</p> 		
<p><b>3</b></p> <p>8:00 am Scrapbooking                      8:30 am Exercise Plus 50                      8:30 am Yoga with Amanda                      9:00 am Mah Jong                      9:30 am Duplicate Bridge Class (Intermediate)                      9:30 am Tai Chi (Advanced)                      9:30 am Tap Class,                      9:30 am Wii Bowling                      10:00 am Knitting &amp; Crocheting                      11:30 am-12:30 pm Lunch                      12:30 pm Movie "Fiddler on the Roof"                      12:30 pm ACBL Duplicate Bridge Game                      1:00 pm Jazz Dancercise                      1:00 pm Mah Jong                      1:00 pm Pinochle                      1:00 pm Woodcarving                      2:30 pm Walking off the Pounds                      3:00 pm Get Fit With Lee</p>	<p><b>4</b></p> <p>10:00 a.m. Matter of Balance Workshop with Connections Area Agency on Aging -1st Session</p> <p>3:00 pm Cooking with Shelby "Kabobs 101" (1st &amp; 3rd Tues. ) Sign up -limit of 25</p> <p>8:30 am Penny Bingo                      8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b>                      9:00 am Senior Yoga                      9:30 am Painting Class                      10:00 am Creative Writing                      10:45 am Tai Chi Class - (Beginning)                      11:30 am-12:30 pm Lunch                      12:30 Dart League \$1.00 a week                      12:30 pm Penny Bingo                      12:30 Pitch                      1:00 pm Mexican Train                      1:00 pm Painting Class                      1:00 pm Tap                      2:00 pm Ping Pong                      3:00 pm Politics with Pat (Our Executive Director)                      4:00-pm Balance with Courtney                      5:00 pm Exercise with Courtney/ Strength</p>	<p><b>5</b></p> <p>10:30 a.m. Talk Show "Beat the Heat" with Kristen Kammerstrom from Visiting Angels</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b>                      9:00 am Yoga w/Dixie from Regency Square                      9:00 am Open Novice Dup. Bridge Game                      9:00 am Chess                      9:30 am Painting Class                      10:00 am Chorus                      10:00 am Sexy &amp; Fit after 40                      10:30 am Open Jam Session                      11:00 am Jazz Dancercise                      11:30 am-12:30 pm Lunch                      12:00 pm Choreographed Ballroom                      12:30 pm ACBL Duplicate Bridge Game                      1:00 pm 500                      1:00 pm Coloring Corner                      1:00 pm Phase 10                      2:30 pm Walking off the Pounds                      3:00 pm Fitness with Kelly                      5:00 pm Belly Dancing Class</p>	<p><b>6</b></p> <p>10:00 a.m. Matter of Balance Workshop with Connections Area Agency on Aging -2nd Session</p> <p>8:30 am Penny Bingo                      9:00 am Line Dance-(Intermediate 1)                      9:00 am Yoga                      9:30 am Duplicate Bridge Class-(Beginner)                      9:30 am Duplicate Bridge Class-(Intermediate)                      10:00 am Line Dance-(Beginner)                      10:00 am Women's Club                      11:00 am Line Dance - (Advanced)                      11:30 am-12:30 pm Lunch                      12:30 pm ACBL Duplicate Bridge Game                      12:30 Dart League \$1.00 a week                      12:30 pm Canasta, Penny Bingo                      1:00 pm Cribbage, Woodcarving                      1:00 pm Men's &amp; Women's Social Group                      1:00 pm Open Door Time with Pat                      1:00 pm Line Dance- (Intermediate 2)                      2:00 pm Ping Pong                      4:00-pm Zumba with Courtney                      5:00 pm Exercise with Courtney/ Strength</p>	<p><b>7</b></p> <p>9:30 a.m-Multi Health Clinic Free Brunch and Learn - "Non Surgical, Safe and Effective Relief from Joint Pain with Stem Cell Injections" ( Sign up-limit 25)</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b>                      9:00 am Mixed Media Art Class/Vivian Miller                      9:30 am Wii Bowling                      9:30 am Get Fit With Lee                      9:30 am Women's Pool Shooting Class                      10:00 am -11:30 Blood Pressures- St. Luke's                      10:00 am Chair Yoga with Kaye                      11:30 am-12:30 pm Lunch                      12:00 pm Tap - (Beginner)                      12:00 pm Open Bridge Group                      12:30 pm Open Craft Time                      1:00 pm 500                      1:00 pm Friday Dance</p> <p>Featuring "Jerry O"Dells Country Flavor Band"</p>
<p><b>10</b></p> <p>9:30 am Grief Support (2nd Monday of the month)</p> <p>1:00 pm Birthday Party Hosted by: Chorus Entertainment: Chorus</p> <p>4:00 p.m. Self Defense with Pam Stephan 1st class-follow up is on June 24th</p> <p>8:00 am Scrapbooking                      8:30 am Exercise Plus 50                      8:30 am Yoga with Amanda                      9:00 am Mah Jong                      9:30 am Duplicate Bridge Class (Intermediate)                      9:30 am Tai Chi (Advanced)                      9:30 am Tap Class                      9:30 am Wii Bowling                      10:00 am Knitting &amp; Crocheting                      11:30 am-12:30 pm Lunch                      12:30 pm ACBL Duplicate Bridge Game                      1:00 pm Jazz Dancercise                      1:00 pm Mah Jong                      1:00 pm Pinochle                      1:00 pm Woodcarving                      2:30 pm Walking off the Pounds                      3:00 pm Get Fit With Lee</p>	<p><b>11</b></p> <p>10:00 a.m. Matter of Balance Workshop with Connections Area Agency on Aging -3rd Session</p> <p>2:00 pm Orange/Rootbeer Floats with Kim from Brookdale</p> <p>8:30 am Penny Bingo                      8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b>                      9:00 am Senior Yoga                      9:30 am Painting Class                      10:00 am Creative Writing                      10:45 am Tai Chi Class - (Beginning)                      11:30 am-12:30 pm Lunch                      12:30 Dart League \$1.00 a week                      12:30 pm Penny Bingo                      12:30 Pitch                      1:00 pm Mexican Train                      1:00 pm Painting Class                      1:00 pm Tap                      2:00 pm Ping Pong                      3:00 pm Politics with Pat (Our Executive Director)                      4:00-pm Balance with Courtney                      5:00 pm Exercise with Courtney/ Strength</p>	<p><b>12</b></p> <p>10:30 a.m. Talk Show "Making a Healthy Change" with Siera Linneweber from Humana</p> <p>1:00 p.m. Genealogy Class (2nd Wed.)</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b>                      9:00 am Yoga w/Dixie from Regency Square                      9:00 am Open Novice Dup. Bridge Game                      9:00 am Chess                      9:30 am Painting Class                      10:00 am Chorus                      10:00 am Sexy &amp; Fit after 40                      10:30 am Open Jam Session                      11:00 am Jazz Dancercise                      11:30 am-12:30 pm Lunch                      12:00 pm Choreographed Ballroom                      12:30 pm ACBL Duplicate Bridge Game                      1:00 pm 500                      1:00 pm Coloring Corner                      1:00 pm Phase 10                      2:30 pm Walking off the Pounds                      3:00 pm Fitness with Kelly                      5:00 pm Belly Dancing Class</p>	<p><b>13</b></p> <p>10:00 a.m. Matter of Balance Workshop with Connections Area Agency on Aging -4th Session</p> <p>1:00 -2:00pm Open Door Time with Pat</p> <p>8:30 am Penny Bingo                      9:00 am Line Dance-(Intermediate 1)                      9:00 am Yoga                      9:30 am Duplicate Bridge Class-(Beginner)                      9:30 am Duplicate Bridge Class-(Intermediate)                      10:00 am Line Dance-(Beginner)                      10:00 am Women's Club                      11:00 am Line Dance - (Advanced)                      11:30 am-12:30 pm Lunch                      12:30 pm ACBL Duplicate Bridge Game                      12:30 Dart League \$1.00 a week                      12:30 pm Canasta, Penny Bingo                      1:00 pm Cribbage                      1:00 pm Men's &amp; Women's Social Group                      1:00 pm Wood Carving                      1:00 pm Line Dance- (Intermediate 2)                      2:00 pm Ping Pong                      4:00-pm Zumba with Courtney                      5:00 pm Exercise with Courtney/ Strength</p>	<p><b>14</b></p> <p>10:30 am. Self Defense with Pam Stephan 1st class-follow up is on June 28th</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b>                      9:00 am Mixed Media Art Class/Vivian Miller                      9:30 am Wii Bowling                      9:30 am Get Fit With Lee                      9:30 am Women's Pool Shooting Class                      10:00 am -11:30 Blood Pressures- Mercy                      10:00 am Chair Yoga with Kaye                      11:30 am-12:30 pm Lunch                      12:00 pm Tap - (Beginner)                      12:00 pm Open Bridge Group                      12:30 pm Open Craft Time                      1:00 pm 500                      1:00 pm Friday Dance</p> <p>Featuring "Country Brew"</p>
<p><b>17</b></p> <p>9:30 a.m. -OsteoStrong Free Brunch and Learn " Ways to improve your Bone HealthGoals" (Sign up-limit 25)</p> <p>11:30 a.m. " Free Balance Screening with ATI Physical Therapy (3rd Monday)</p> <p>8:00 am Scrapbooking                      8:30 am Exercise Plus 50                      8:30 am Yoga with Amanda                      9:00 am Mah Jong                      9:30 am Duplicate Bridge Class (Intermediate)                      9:30 am Tai Chi (Advanced)                      9:30 am Tap Class                      9:30 am Wii Bowling                      10:00 am Knitting &amp; Crocheting                      11:30 am-12:30 pm Lunch                      12:30 pm ACBL Duplicate Bridge Game                      12:30 pm Movie "The Seeker"                      12:30 pm ACBL Duplicate Bridge Game                      1:00 pm Jazz Dancercise                      1:00 pm Mah Jong                      1:00 pm Pinochle                      1:00 pm Woodcarving                      2:30 pm Walking off the Pounds                      3:00 pm Get Fit With Lee</p>	<p><b>18</b></p> <p>10:00 a.m. Matter of Balance Workshop with Connections Area Agency on Aging -5th Session</p> <p>3:00 pm Cooking with Shelby "Watermelon Salad" (1st &amp; 3rd Tues.) Sign up -limit of 25</p> <p>4:00 p.m. Alzheimer's Support Group (3rd Tuesday of month)</p> <p>8:30 am Penny Bingo                      8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b>                      9:00 am Senior Yoga                      9:30 am Painting Class                      10:00 am Creative Writing                      10:45 am Tai Chi Class - (Beginning)                      11:30 am-12:30 pm Lunch                      12:30 Dart League \$1.00 a week                      12:30 pm Penny Bingo                      12:30 Pitch                      1:00 pm Mexican Train                      1:00 pm Painting Class                      1:00 pm Tap                      2:00 pm Ping Pong                      3:00 pm Politics with Pat (Our Executive Director)                      4:00-pm Balance with Courtney                      5:00 pm Exercise with Courtney/ Strength</p>	<p><b>19</b></p> <p>10:30 a.m. Talk Show "Elder Abuse" with Chris &amp; Tasha from Connections Area Agency on Aging</p> <p>1:00 p.m. Coffee &amp; Canvas with Casa De Paz Sign up-limit of 12</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b>                      9:00 am Yoga w/Dixie from Regency Square                      9:00 am Open Novice Dup. Bridge Game                      9:00 am Chess                      9:30 am Painting Class                      10:00 am Chorus                      10:00 am Sexy &amp; Fit after 40                      10:30 am Open Jam Session                      11:00 am Jazz Dancercise                      11:30 am-12:30 pm Lunch                      12:00 pm Choreographed Ballroom                      12:30 pm ACBL Duplicate Bridge Game                      1:00 pm 500                      1:00 pm Coloring Corner                      1:00 pm Phase 10                      2:30 pm Walking off the Pounds                      3:00 pm Fitness with Kelly                      5:00 pm Belly Dancing Class</p>	<p><b>20</b></p> <p>10:00 a.m. Matter of Balance Workshop with Connections Area Agency on Aging -6th Session</p> <p>1:00 -2:00pm Open Door Time with Pat</p> <p>8:30 am Penny Bingo                      9:00 am Line Dance-(Intermediate 1)                      9:00 am Yoga                      9:30 am Duplicate Bridge Class-(Beginner)                      9:30 am Duplicate Bridge Class-(Intermediate)                      10:00 am Line Dance-(Beginner)                      10:00 am Women's Club                      11:00 am Line Dance - (Advanced)                      11:30 am-12:30 pm Lunch                      12:30 Dart League \$1.00 a week                      12:30 pm ACBL Duplicate Bridge Game                      12:30 pm Canasta, Penny Bingo                      1:00 pm Cribbage                      1:00 pm Men's &amp; Women's Social Group                      1:00 pm Wood Carving                      1:00 pm Line Dance- (Intermediate 2)                      2:00 pm Ping Pong                      4:00-pm Zumba with Courtney                      5:00 pm Exercise with Courtney/ Strength</p>	<p><b>21</b></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b>                      9:00 am Mixed Media Art Class/Vivian Miller                      9:30 am Wii Bowling                      9:30 am Get Fit With Lee                      9:30 am Women's Pool Shooting Class                      10:00 am -11:30 Blood Pressures- St. Luke's                      10:00 am Chair Yoga with Kaye                      11:30 am-12:30 pm Lunch                      12:00 pm Tap - (Beginner)                      12:00 pm Open Bridge Group                      12:30 pm Open Craft Time                      1:00 pm 500                      1:00 pm Friday Dance</p> <p>Featuring "Shirley's Big Band"</p>
<p><b>24</b></p> <p>1:00 p.m. - Parkinson's Support Group (4th Monday)</p> <p>4:00 p.m. Self Defense with Pam Stephan 2nd class-follow up to June 10th</p> <p>8:00 am Scrapbooking                      8:30 am Exercise Plus 50                      8:30 am Yoga with Amanda                      9:00 am Mah Jong                      9:30 am Duplicate Bridge Class (Intermediate)                      9:30 am Tai Chi (Advanced)                      9:30 am Tap Class,                      10:00 am Knitting &amp; Crocheting                      11:30 am-12:30 pm Lunch                      12:30 pm ACBL Duplicate Bridge Game                      12:30 pm Movie "Seven Pounds"                      12:30 pm ACBL Duplicate Bridge Game                      1:00 pm Jazz Dancercise                      1:00 pm Mah Jong                      1:00 pm Pinochle                      1:00 pm Woodcarving                      2:30 pm Walking off the Pounds                      3:00 pm Get Fit With Lee</p>	<p><b>25</b></p> <p>10:00 a.m. Matter of Balance Workshop with Connections Area Agency on Aging -7th Session</p> <p>3:00 pm Healthy Cooking with the Y (4th Tuesday) Sign up -limit of 20</p> <p>8:30 am Penny Bingo                      8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b>                      9:00 am Senior Yoga                      9:30 am Painting Class                      10:00 am Creative Writing                      10:45 am Tai Chi Class - (Beginning)                      11:30 am-12:30 pm Lunch                      12:30 Dart League \$1.00 a week                      12:30 pm Penny Bingo                      12:30 Pitch                      1:00 pm Mexican Train                      1:00 pm Painting Class                      1:00 pm Tap                      2:00 pm Ping Pong                      3:00 pm Politics with Pat (Our Executive Director)                      4:00-pm Balance with Courtney                      5:00 pm Exercise with Courtney/ Strength</p>	<p><b>26</b></p> <p>10:30 a.m. Talk Show "Church Buildings" with Tom Munson from the Sioux City Public Museum</p> <p>1:00 p.m. Crafts with Anna- "DIY Nail Polish Marbled Mugs" (4th Wed.) Sign up -limit of 20</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b>                      9:00 am Yoga w/Dixie from Regency Square                      9:00 am Open Novice Dup. Bridge Game                      9:00 am Chess                      9:30 am Painting Class                      10:00 am Chorus                      10:00 am Sexy &amp; Fit after 40                      10:30 am Open Jam Session                      11:00 am Jazz Dancercise                      11:30 am-12:30 pm Lunch                      12:00 pm Choreographed Ballroom                      12:30 pm ACBL Duplicate Bridge Game                      1:00 pm 500                      1:00 pm Coloring Corner                      1:00 pm Phase 10                      2:30 pm Walking off the Pounds                      3:00 pm Fitness with Kelly                      5:00 pm Belly Dancing Class</p>	<p><b>27</b></p> <p>10:00 a.m. Matter of Balance Workshop with Connections Area Agency on Aging -8th Session</p> <p>1:00 -2:00pm Open Door Time with Pat</p> <p>8:30 am Penny Bingo                      9:00 am Line Dance-(Intermediate 1)                      9:00 am Yoga                      9:30 am Duplicate Bridge Class-(Beginner)                      9:30 am Duplicate Bridge Class-(Intermediate)                      10:00 am Line Dance-(Beginner)                      10:00 am Women's Club                      11:00 am Line Dance - (Advanced)                      11:30 am-12:30 pm Lunch                      12:30 Dart League \$1.00 a week                      12:30 pm ACBL Duplicate Bridge Game                      12:30 pm Canasta, Penny Bingo                      1:00 pm Cribbage                      1:00 pm Men's &amp; Women's Social Group                      1:00 pm Wood Carving                      1:00 pm Line Dance- (Intermediate 2)                      2:00 pm Ping Pong                      4:00-pm Zumba with Courtney                      5:00 pm Exercise with Courtney/ Strength</p>	<p><b>28</b></p> <p>10:30 am Self Defense with Pam Stephan 2nd class-follow up to June 14th</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b>                      9:00 am Mixed Media Art Class/Vivian Miller                      9:30 am Wii Bowling                      9:30 am Get Fit With Lee                      9:30 am Women's Pool Shooting Class                      10:00 am -11:30 Blood Pressures- Mercy                      10:00 am Chair Yoga with Kaye                      11:30 am-12:30 pm Lunch                      12:00 pm Tap - (Beginner)                      12:00 pm Open Bridge Group                      12:30 pm Open Craft Time                      1:00 pm 500                      1:00 pm Friday Dance</p> <p>Featuring "4 On the Road"</p>