

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Calendar Key: ...Closing Announcements or Altered Classes ... New or Infrequent Classes, or Special Events ... Trips ...Scheduled Activities meeting at Lincoln Park</p>	<p>Updated June 24th</p>	<p>1 9A: Silver Sneakers Classic 10A-2:15P: Express Custom Facials 10A: Silver Sneakers Circuit No Café Connection today 10A: 250th Celebratory Picnic at Lincoln Park (bring own lunch, Center will provide drinks and dessert) sign-up at front desk 12P: Hand & Foot 1P: Scrabble No "An Encouraging Word for Women" 1:30P: Meditation with Lotus – at Lincoln Park 2P: Fun Pump 2P-4:30P: Chess – in the Dining Room 2:45P: Fitness Equipment Orientation 3P: Chair Yoga</p>	<p>2 7A: Robin's Early Birds at Lincoln Park 7:45A: Bus leaves for Red-Liner's Hike 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 9:30A: Veteran's Meet & Greet -in the Arts & Crafts Room 10A: Bocce Ball at Lincoln Park 10A-2P: Massage Therapy 10A: Gentle Yoga 12P: Mexican Train Game – Card Room 1P: Bridge Jonesborough Dulcimer Players will return in August 2P: Kickboxing Class 3P: Yogalates 6P: Join the Jam 6:15P: WERQ – Tonight's class will be FREE</p>	<p>3</p> <p>CLOSED In Observance of Independence Day</p> 
<p>6 8A: Silver Sneakers Splash 9A: Silver Sneakers Classic 9:30A: Stitch Therapy 10A: Instructional Shuffleboard 10A: Silver Sneakers Circuit 10:30A-11:30A: "Coffee & Chat with Kathy" - in the Classroom 12:30P: BINGO sponsored by <u>AssureSource</u> 1P: Mahjong 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga 6P-6:45P: Vintage Productions @ Robin Beals DPR Studio 216 Headtown Rd</p>	<p>7 7A: Parkour Silver 8A: Lincoln Loopers 8A: Pickleball at Tiger Park 9A: Instructional Cornhole 9A: Silver Sneakers Ener-Chi 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1:30P: Knit Pickers 2P-4P: Grief Share – in the Music Room 2P: Zumba Class 2P-3P: General Technology Assistance – in the Classroom 3P: Yogalates 5P: <u>Flow & Yin Yoga</u> – \$5 6:15P: <u>WERQ</u> - \$5</p>	<p>8 9A: Silver Sneakers Classic 10A-2:15P: Express Custom Facials 10A: Silver Sneakers Circuit 11:30A: Café Connection 12P: Hand & Foot 1P: Scrabble 1P: An Encouraging Word for Women 1:30P: Meditation with Lotus – at Lincoln Park 2P: Fun Pump 2P-4:30P: Chess – in the Dining Room 2:45P: Fitness Equipment Orientation 3P: Chair Yoga</p>	<p>9 7A: Robin's Early Birds at Lincoln Park 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 10A: Bocce Ball at Lincoln Park 10A-2P: Massage Therapy 10A: Gentle Yoga 12P: Mexican Train Game – Card Room 1P: Bridge 2P: Kickboxing Class 3P: Yogalates 5P-7P: Senior Financial Group: Medicare Seminar - Dining Room 6P: Join the Jam 6:15P: <u>WERQ</u> - \$5</p>	<p>10 9A: 8-Ball Tournament 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 11A: Rockin' with Robin 11:30A-1:30P: "Pop-in" Line Dancing (multi-level) No Fee 1P: Joyful Women's Bible Study 1P: Beg. Double-Deck Pinochle 1P: Scrabble 1:30P-2:30P: Beginner Line Dance Instruction No Fee 1:30P: ROOK</p>

Flip over, to see the rest of the month

<p>13 8A: Silver Sneakers Splash 9A: Silver Sneakers Classic 9:30A: Stitch Therapy 10A: Instructional Shuffleboard 10A: Silver Sneakers Circuit 10:30A-11:30A: “Coffee & Chat with Kathy” – in the Classroom 12:30P: BINGO sponsored by <u>Abundant Christian Living</u> 1P: Mahjong 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga 6P-6:45P: Vintage Productions @ Robin Beals DPR Studio 216 Headtown Rd</p>	<p>14 7A: Parkour Silver 8A: Lincoln Loopers 8A: Pickleball at Tiger Park 9A: Instructional Cornhole 9A: Silver Sneakers Ener-Chi 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1:30P: Knit Pickers 2P: Alzheimer’s TN – in the Classroom 2P: Zumba Class 2P-4P: Grief Share -in the Music Room 3P: Yogalates 5P: <u>Flow & Yin Yoga</u> – \$5 6:15P: <u>WERQ</u> - \$5</p>	<p>15 8:15A: Bus leaves for French Broad Rafting Trip 9A: Silver Sneakers Classic 10A-11:30A: <u>Painting with Tania - in the A&C Room</u> 10A-2:15P: Express Custom Facials 10A: Book Craziest – in the Classroom 10A: Silver Sneakers Circuit 11:30A: Café Connection 12P: Hand & Foot 1P: Scrabble 1P: An Encouraging Word for Women 1:30P: Meditation with Lotus – at Lincoln Park 2P: Fun Pump 2P-4:30P: Chess – in the Dining Room 2:45P: Fitness Equipment Orientation 3P: Chair Yoga</p>	<p>16 7A: Robin’s Early Birds at Lincoln Park 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 10A: Gentle Yoga 10A: Bocce Ball at Lincoln Park 10A-2P: Massage Therapy 9:30A: Lunch Bunch Suba’s in Mt City 12P: Mexican Train Game – Card Room 1P: Bridge 2P: Kickboxing Class 3P: Yogalates 6P: Join the Jam 6:15P: <u>WERQ</u> - \$5</p>	<p>17 9A: 9-Ball Tournament 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 11:30A-1:30P: “Pop-in” Line Dancing (multi-level) No Fee Joyful Women’s Bible Study Will Not meet this week 1P: Beg. Double-Deck Pinochle 1P: Scrabble 1:30P-2:30P: Beginner Line Dance Instruction No Fee 1:30P: ROOK 2P-4P:” Art Rx: Creative Practices for Well-Being”- A&C Room</p>
<p>20 8A: Silver Sneakers Splash 9A: Silver Sneakers Classic 9:30A: Stitch Therapy 10A: Instructional Shuffleboard 10A: Silver Sneakers Circuit 10:30A-11:30A: “Coffee & Chat with Kathy”- in the Classroom 12:30P: BINGO sponsored by <u>Dillow-Taylor</u> 1P: Mahjong 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga 6P-6:45P: Vintage Productions @ Robin Beals DPR Studio 216 Headtown Rd</p>	<p>21 7A: Parkour Silver 8A: Lincoln Loopers 8A: Pickleball at Tiger Park 9A: Instructional Cornhole 9A: Silver Sneakers Ener-Chi 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1P: Trivia with Budds sponsored by Olde Towne Pharmacy 1:30P: Knit Pickers 2P-3P: General Technology Assistance – in the Classroom 2P: Zumba Class 2P-4P: Grief Share – in the Music Room 3P: Yogalates 5P: <u>Flow & Yin Yoga</u> – \$5 6:15P: <u>WERQ</u> - \$5</p>	<p>22 9A: Silver Sneakers Classic 9:30A: Lunch Bunch Suba’s in Mt City 10A-2:15P: Express Custom Facials 10A: Silver Sneakers Circuit 11:30A: Café Connection 12P: Hand & Foot 1P: Scrabble 1P: An Encouraging Word for Women 1:30P: Meditation with Lotus– at Lincoln Park 2P: Fun Pump 2P-4:30P: Chess – in the Dining Room 2:45P: Fitness Equipment Orientation 3P: Chair Yoga</p>	<p>23 7A: Robin’s Early Birds at Lincoln Park 8A: Silver Sneakers Splash 9A: Bus leaves for Jen’s Trails & Tales 9A: Silver Sneakers Ener-Chi 10A-2P: Massage Therapy 10A: Gentle Yoga 10A: Bocce Ball at Lincoln Park 12P: Mexican Train Game – Card Room 1P: Bridge 2P: Kickboxing Class 3P: Yogalates 4P: Advisory Board Meeting - Classroom 6P: Join the Jam 6:15P: <u>WERQ</u> - \$5</p>	<p>24 9A: Silver Sneakers Classic 9:30A: Cooking Class with Mary & Tracy 10A: Silver Sneakers Circuit 10A: Bridge 10A: Bowling: meet at Holiday Lanes 10:30A: Fun with Trivia 11:30A-1:30P: “Pop-in” Line Dancing (multi-level) No Fee 1P: Joyful Women’s Bible Study 1P: Beg. Double-Deck Pinochle 1P: Scrabble 1:30P-2:30P: Beginner Line Dance Instruction No Fee 1:30P: ROOK</p>
<p>27 8A: Silver Sneakers Splash 9A: Silver Sneakers Classic 9:30A: Stitch Therapy 10A: Instructional Shuffleboard 10A: Silver Sneakers Circuit 10:30A-11:30A: “Coffee & Chat with Kathy”- in the Classroom 12:30P: BINGO sponsored by <u>Visiting Angels</u> 1P: Mahjong 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga 6P-6:45P: Vintage Productions @ Robin Beals DPR Studio 216 Headtown Rd</p>	<p>28 7A: Parkour Silver 8A: Lincoln Loopers 8A: Pickleball at Tiger Park 9A: Instructional Cornhole 9A: Silver Sneakers Ener-Chi 9A: Department of Health: 4-week Diabetes class series Week 1 -in the Classroom 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 10:15A: Bus leaves for Barter Theatre “Grandma Gatewood Took A Walk” 12:30P: Cribbage 1:30P: Knit Pickers 2P: Zumba Class 2P-4P: Grief Share – in the Music Room 3P: Yogalates 3:30P: Coin Club – in the Classroom 5P: <u>Flow & Yin Yoga</u> – \$5 6:15P: <u>WERQ</u> - \$5</p>	<p>29 8A-3:30P: Washington County School Nurses – in the Classroom 9A: Silver Sneakers Classic 10A-2:15P: Express Custom Facials 10A: Silver Sneakers Circuit 10:30A-12P: Christmas in July Card Making / Donna Beckett 11:30A: Café Connection 12P: Hand & Foot 12:30P-2P: Christmas in July Card Making / Donna Beckett 1P: Scrabble 1P: An Encouraging Word for Women 1:30P: Meditation with Lotus– at Lincoln Park 2P: Fun Pump 2P-4:30P: Chess – in the Dining Room 2:45P: Fitness Equipment Orientation 3P: Chair Yoga</p>	<p>30 7A: Robin’s Early Birds at Lincoln Park 8A: Silver Sneakers Splash 8A-12P: Washington County School Nurses – in the Classroom 9A: Silver Sneakers Ener-Chi 9A: Bus leaves for Welcome Home: Getting to Know Your New Backyard 10A-2P: Massage Therapy 10A: Gentle Yoga 10A: Bocce Ball at Lincoln Park 12P: Mexican Train Game – Card Room 1P: Bridge 2P: Kickboxing Class 3P: Yogalates 6P: Join the Jam 6:15P: <u>WERQ</u> - \$5</p>	<p>31 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 1P: Joyful Women’s Bible Study 1P: Beg. Double-Deck Pinochle 1P: Scrabble 1:30P: ROOK</p>