

Announcements

July 4th Center Closed

July 5th Modified Schedule/ No Coffee Talk

July 12th Brain and Body Coffee Talk 10:00 AM

July 19th: Good luck send off for Shane 10:00 AM.

How to Use Your Smartphone Class.

Tuesdays at 11:00am through July 30th

Monday

10-11am Care Partners (Hybrid)
12:30-1:30pm Women's Group (Hybrid/**July 8th and 22nd**)
1:30-2:30pm In person Speech
2:30-3:30pm in person Music
3:30-4:30pm Music Therapy (Zoom)

Tuesday

2:30-4:30pm Grief Support Group (Hybrid) July 2nd only
3:30-4:30pm Zoom Men's Group

Wednesday

9-10am Dance (Hybrid) (June 3rd and 24th)
1-2pm Zoom Speaking Group

Thursday

1:30-2:30pm Book Club (18th) (Hybrid)

Friday

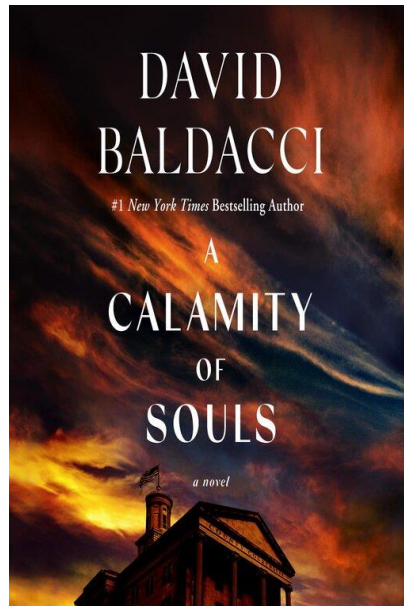
10-11am Coffee Talk (Hybrid)

	Monday	Tuesday	Wednesday	Thursday	Friday
1	8-8:50 PWR! Circuit 9-9:50 Advanced Yoga 9-9:50 PWR! Moves 10-10:50 PWR! Moves 11-11:50 PWR! One 12:30-1:20 PWR! One 1:30-2:20 One Boxing 2:30-3:20 Fitness 3:30-4:20 PWR! Moves	2 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 Moves Boxing 11-11:50 Smartphone Class 11-11:50 PWR! One 12:30-1:20 One Boxing 1:30-2:20 PWR! One 2:30-3:20 PWR! One	3 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 PWR! Moves 11-11:50 Advanced Yoga 11-11:50 PWR! One 12:30-1:20 Seated Yoga 1:30-2:20 PWR! One 2:30-3:20 Circuit Boxing 3:30-4:20 PWR! Moves	4 CENTER CLOSED FOR JULY 4th	5 Modified Schedule Please See Staff
8	8-8:50 PWR! Circuit 9-9:50 Advanced Yoga 9-9:50 PWR! Moves 10-10:50 PWR! Moves 11-11:50 PWR! One 12:30-1:20 PWR! One 1:30-2:20 One Boxing 2:30-3:20 Fitness 3:30-4:20 PWR! Moves	9 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 Moves Boxing 11-11:50 Smartphone Class 11-11:50 PWR! One 12:30-1:20 One Boxing 1:30-2:20 PWR! One 2:30-3:20 PWR! One	10 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 PWR! Moves 11-11:50 Advanced Yoga 11-11:50 PWR! One 12:30-1:20 Seated Yoga 1:30-2:20 PWR! One 2:30-3:20 Circuit Boxing 3:30-4:20 PWR! Moves	11 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 One Boxing 11-11:50 Fitness 12:30-1:20 PWR! One 1:30-2:20 PWR! One 2:30-3:20 Circuit Boxing	12 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 Coffee Talk 11:00-11:50 Advanced Yoga 11:30-12:20 PWR! One 12:30-1:20 PWR! One 1-2 Moves Boxing 2-3 PWR! Moves
15	8-8:50 PWR! Circuit 9-9:50 Advanced Yoga 9-9:50 PWR! Moves 10-10:50 PWR! Moves 11-11:50 PWR! One 12:30-1:20 PWR! One 1:30-2:20 One Boxing 2:30-3:20 Fitness 3:30-4:20 PWR! Moves	16 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 Moves Boxing 11-11:50 Smartphone Class 11-11:50 PWR! One 12:30-1:20 One Boxing 1:30-2:20 PWR! One 2:30-3:20 PWR! One	17 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 PWR! Moves 11-11:50 PWR! One 12:30-1:20 Seated Yoga 1:30-2:20 PWR! One 2:30-3:20 Circuit Boxing 3:30-4:20 PWR! Moves	18 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 One Boxing 11-11:50 Fitness 12:30-1:20 PWR! One 1:30-2:20 PWR! One 2:30-3:20 Circuit Boxing	19 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 Coffee Talk 11:00-11:50 Advanced Yoga 11:30-12:20 PWR! One 12:30-1:20 PWR! One 1-2 Moves Boxing 2-3 PWR! Moves
22	8-8:50 PWR! Circuit 9-9:50 Advanced Yoga 9-9:50 PWR! Moves 10-10:50 PWR! Moves 11-11:50 PWR! One 12:30-1:20 PWR! One 1:30-2:20 One Boxing 2:30-3:20 Fitness 3:30-4:20 PWR! Moves	23 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 Moves Boxing 11-11:50 Smartphone Class 11-11:50 PWR! One 12:30-1:20 One Boxing 1:30-2:20 PWR! One 2:30-3:20 PWR! One	24 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 PWR! Moves 11-11:50 Advanced Yoga 11-11:50 PWR! One 12:30-1:20 Seated Yoga 1:30-2:20 PWR! One 2:30-3:20 Circuit Boxing 3:30-4:20 PWR! Moves	25 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 One Boxing 11-11:50 Fitness 12:30-1:20 PWR! One 1:30-2:20 PWR! One 2:30-3:20 Circuit Boxing	26 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 Coffee Talk 11:30-12:20 PWR! One 12:30-1:20 PWR! One 1-2 Moves Boxing 2-3 PWR! Moves
29	8-8:50 PWR! Circuit 9-9:50 Advanced Yoga 9-9:50 PWR! Moves 10-10:50 PWR! Moves 11-11:50 PWR! One 12:30-1:20 PWR! One 1:30-2:20 One Boxing 2:30-3:20 Fitness 3:30-4:20 PWR! Moves	30 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 Moves Boxing 11-11:50 Smartphone Class 11-11:50 PWR! One 12:30-1:20 One Boxing 1:30-2:20 PWR! One 2:30-3:20 PWR! One	31 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 PWR! Moves 11-11:50 Advanced Yoga 11-11:50 PWR! One 12:30-1:20 Seated Yoga 1:30-2:20 PWR! One 2:30-3:20 Circuit Boxing 3:30-4:20 PWR! Moves	1 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 One Boxing 11-11:50 Fitness 12:30-1:20 PWR! One 1:30-2:20 PWR! One 2:30-3:20 Circuit Boxing	2 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 Coffee Talk 11:30-12:20 PWR! One 12:30-1:20 PWR! One 1-2 Moves Boxing 2-3 PWR! Moves

Book Club

July 18th: Discuss
“A Calamity of Souls”

By: David Baldacci



July 19th: Start
“The Covenant of Water”

By: Abraham Verghese

