

July 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 8:20 Core Strength 8:30 Massage 9:00 Exercise w/purpose 10:45 Tai Chi 11:45 Arthritis Tai Chi 1:00 Board Meeting 1:30 Stretch & More	2 8:00 Wii 8:30 Weight/Strength 8:30 Massage 8:15 B Tap 9:15 Tap 10:00 Advance Tap	3 Center closed	4 Happy 4th of July!
5	6 8:20 Core Strength 9:00 Exercise w/ purpose 10:45 Tai Chi 11:45 Arthritis Tai Chi 11:00 Mystery Lunch 1:00 Inspiring Women	7 8:30 Foot Care 8:30 Weight/Strength 9:45 Bingo 1:00 Wii 2:00 Wii Brain Academy	8 7:45 Sargent's Berry Farm 8:20 Core Strength 8:30 Massage 9:00 Exercise w/purpose 10:45 Tai Chi 11:45 Arthritis Tai Chi 1:30 Stretch & More 5:00 Evening Bingo	9 8:00 Wii 8:30 Weight/Strength 8:30 Massage 8:15 B Tap 9:15 Tap 10:00 Advance Tap 10:30 Eyelass ✓ 10:00 Success in the Garden 1:00 Living with Arthritis	10 No Classes Smiles for a Lifetime	11
12	13 8:30 Foot Care 8:20 Core Strength 9:00 Exercise w/ purpose 10:45 Tai Chi 11:45 Arthritis Tai Chi	14 8:30 Weight/Strength 10:00 Options for non medical care 1:00 Wii 2:00 Wii Brain Academy 4:00 Restorative Yoga	15 No Core Strength 8:30 Massage 8:30 Exercise w/purpose 9:45 Bingo 10:45 Tai Chi 11:45 Arthritis Tai Chi 1:30 Stretch & More 2:00 Old Age is not for sissies 4:00 Yoga	16 8:00 Native Lights/ First Council 8:00 Wii 8:30 Weight/Strength 8:30 Massage 8:15 B Tap 9:15 Tap 10:00 Advance Tap	17 8:20 Core Strength 9:00 Exercise w/ purpose 9:30 Health Screen 10:30 Blood Pressure ✓ 11:30 Birthday & Anniv 12:15 "The Ahs"	18 7:00—10:00 am Biscuit & Gravy Breakfast
19	20 8:20 Core Strength 9:00 Exercise w/ purpose 10:00 Show & Tell 10:45 Tai Chi 11:45 Arthritis Tai Chi	21 8:30 Weight/Strength 1:00 Wii 2:00 Wii Brain Academy 1:00 Senior Employment 3:00 Friendship Club 4:00 Restorative Yoga Fold Newsletter	22 8:20 Core Strength 8:30 Massage 9:00 Exercise w/purpose 10:45 Tai Chi 11:45 Arthritis Tai Chi 1:30 Stretch & More 4:00 Yoga	23 8:00 Wii 8:30 Weight/Strength 8:30 Massage 8:15 B Tap 9:15 Tap 10:00 Advance Tap 5:30 You can't take it with you	24 8:20 Core Strength 9:00 Exercise w/ purpose 10:00 Living with Oxygen 12:30 Homeopathic Medications	25
26	27 8:20 Core Strength 8:30 Foot Care 9:00 Exercise w/ purpose 10:45 Tai Chi 11:45 Arthritis Tai Chi Sign-ups	28 8:30 Weight/Strength 10:30 Underground Kansas 1:00 Wii 2:00 Wii Brain Academy 7:00 Jam Session	29 8:20 Core Strength 8:30 Massage 9:00 Exercise w/purpose 10:45 Tai Chi 11:45 Arthritis Tai Chi 1:30 Stretch & More 4:00 Yoga	30 8:00 Wii 8:30 Weight/Strength 8:30 Massage 8:15 B Tap 9:15 Tap 10:00 Advance Tap	31 8:20 Core Strength 9:00 Exercise w/ purpose 11:15 Lunch & Movie	