


Monday	Tuesday	Wednesday	Thursday	Friday
3 Art Studio 9:00 T'ai Chi Chih Practice 10:00	4 Defensive Driving 9:00 Chair Yoga 9:45 Intermediate Yoga 11:00 Dementia Friends 12:00	5 Movie & Lunch To-Go 10:30 T'ai Chi Chih Workshop 10:45	6 Chair Yoga 9:45 Traveling Naturalist 10:30 Intermediate Yoga 11:00 British History 1:00 Line Dance 1:00/2:00	7 Happy Feet 9:00 T'ai Chi Practice 10:00
10 Art Studio 9:00 Shutterbugs 10:00 T'ai Chi Practice 10:00 Ham Radio 10:30 Garden Club 1:00	11 Chair Yoga 9:45 Intermediate Yoga 11:00 Parking Lot Bingo 1:00	12 Defensive Driving 5:30	13 Crash Course: eBay 9:00 Chair Yoga 9:45 Caregiver Conversations 10:00 Prohibition 10:30 Intermediate Yoga 11:00 British History 1:00 Line Dance 1:00/2:00	14 Happy Feet 9:00 T'ai Chi Practice 10:00
17 Art Studio 9:00 Fun with Watercolor 10:00 T'ai Chi Practice 10:00	18 Chair Yoga 9:45 Shutterbugs 10:00 Intermediate Yoga 11:00 Defensive Driving 5:30	19 Senior Housing 10:00 T'ai Chi Chih Workshop 10:45	20 Crash Course: eBay 9:00 Chair Yoga 9:45 Intermediate Yoga 11:00 Book Club 1:00 British History 1:00 Line Dance 1:00/2:00	21 Happy Feet 9:00 T'ai Chi Practice 10:00
24 Art Studio 9:00 Fun with Watercolor 10:00 T'ai Chi Practice 10:00 Defensive Driving 5:30	25 Selling on Craigslist, etc. 9:30 Chair Yoga 9:45 Fun with Watercolor 10:00 Movie & Lunch To-Go 10:30 Intermediate Yoga 11:00	26 Defensive Driving 5:30	27 Chair Yoga 9:45 Intermediate Yoga 11:00 British History 1:00 Line Dance 1:00/2:00	28 Happy Feet 9:00 T'ai Chi Practice 10:00
31 CLOSED 				SATURDAYS: Tranquil Yoga 9:00 Guided Imagery 10:20