

JUNE 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|---|--|--|--|
| 2 | 3 9:00 Aerobics 9:45 Yoga 10:30 Chair class 10:30 Bob Ross Workshop | 4 10 - 3 Canasta 10:00 Geology Class 10:30 Chair class | 5 MASSAGE 9:00 Zumba Gold 9:45 Stretch & Tone 10:30 Chair class 1 - 3 Quilting Bee | 6 10:00 TECH FAIR! 9:00 Quilting 10 - 1 Canasta 10:30 Chair Class | 7 8:30 Aerobics 9:15 Yoga 10:15 Line Dance 11:00 Stained Glass Noon Dominoes | 8  Katie Reed Golf Classic |
| 9 | 10 9:00 Aerobics 9:45 Yoga 10 & 12:30 All of Us Enrollment 10:30 Chair class 1:00 BINGO | 11 10 - 3 Canasta 10:30 Chair class | 12 11 a.m. Daytrip: San Rafael Band MASSAGE 9:00 Craft Studio 9:00 Zumba Gold 9:45 Stretch & Tone 10:30 Chair class | 13 11:30 Lunch Noon CBD Oil 9:00 Quilters 10 - 3 Canasta | 14 8:30 Aerobics 9:15 Yoga 10:15 Line Dance 11:00 Stained Glass Noon Dominoes |  |
| 16 | 17 10:45 a.m. Daytrip: PICNIC 9:00 Aerobics 9:45 Yoga 10:30 Chair class 10:30 Bob Ross Workshop | 18 9:00 Book Club 9:30 Mani-pedis & haircuts 10 - 3 Canasta <i>no chair class</i> | 19 Birthday Potluck MASSAGE 9:00 Zumba Gold 9:45 Stretch & Tone 10:30 Chair Class 1 - 3 Quilting Bee | 20 9:00 Quilting 10 - 1 Canasta 10:30 Chair Class | 21  8:30 Aerobics 9:15 Yoga 10:15 Line Dance 11:00 Stained Glass Noon Dominoes | WELLNESS CENTER HOURS Monday — Friday 6 — 10 a.m. Mon. — Thurs. 4 — 8 p.m. |
| 23 | 24 9:00 Aerobics (Kandi subs) 9:45 Yoga 10:30 Chair class | 25 10 - 3 Canasta 10:30 Blood Pressure 11:00 Chair class | 26 MASSAGE 9:00 Grove Rovers 9:00 Zumba Gold 9:45 Stretch & Tone 10:30 Chair class | 27 11:30 Lunch Noon: Independence Celebration! 9:00 Quilters 10 - 3 Canasta | 28 8:30 Aerobics 9:15 Yoga 10:15 Line Dance 11:00 Stained Glass Noon Dominoes | |
| 30 |  | <i>Patsy Vaughan 6/8 Larry Dospil 6/12 Nannette Sweeney 6/13 Shirley Kirtley 6/17</i> | <i>Melody Woffard 6/20 Judy Herbert 6/24 Patricia McVay 6/26 Chris Herron 6/29</i> |  WELCOME SUMMER <small>(let the good times roll)</small> | | |