

# June 2022 Program Calendar

Programs shown were scheduled at the time of printing. **In-Person classes are noted in black.** **Virtual Classes are noted in green.** **Special programs/events are noted in Gold.** You must make an appointment where indicated on the calendar and register for Grab & Go AND Indoor Lunches as well as all Virtual Classes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>June 29</b> <b>Special Lunch</b> 12:00pm to 1:30pm Entertainment by Patrice Hawthorne</p>	<p><b>June 2</b> <b>Blood Pressure Screenings</b> 10am-12pm</p> 	<p><b>1</b></p> <p>9:15 Tai Chi (\$3) 9:30 Coloring for Calmness 12:00-1:00pm <b>Lunch Indoor Dining</b> 1:00pm Medicare Counseling (by appt.) 2:00pm <b>Grief Support</b> 5:30pm Zumba Gold (\$3)</p>	<p><b>2</b></p> <p>9:00 Wood Carving 9:30 Stitch &amp; Chat 10:00 <b>Blood Pressure Screenings</b> 10:30 <b>Integrated Exercise for Seniors</b> 12:00-1:00pm <b>Lunch Indoor Dining</b> 12:30pm Help Yourself to Healthy Living: Exercise your Mind 1:00pm Bridge 1:30pm Tone &amp; Balance (\$3)</p>	<p><b>3</b></p> <p>9:00 Walking and Weights (\$3) 12:00-1:00pm <b>Grab and Go Lunch</b> 1:00pm Movie Matinee</p>
<p><b>6</b></p> <p>9:15 Tai Chi (\$3) 12:00-1:00pm <b>Grab and Go Lunch</b> 12:30pm <b>Mindful Meditation</b> 1:00pm Bingo for Bucks 1:30pm Art Class (\$3)</p>	<p><b>7</b></p> <p>9:00-11:00 Haircuts (by appointment only) 9:30 Group Trivia 9:30 Stamp Club 10:30 The Gathering 12:00-1:00pm <b>Grab and Go Lunch</b> 1:00pm <b>Integrated Exercise for Seniors</b> 1:30pm Zumba Gold (\$3)</p>	<p><b>8</b></p> <p>9:15 Tai Chi (\$3) 9:30 Coloring for Calmness 12:00-1:00pm <b>Lunch Indoor Dining</b> 2:00pm <b>Grief Support</b> 5:30pm Zumba Gold (\$3)</p>	<p><b>9</b></p> <p>9:00 Wood Carving 9:30 Stitch &amp; Chat 9:30 <b>Coffee Talk</b> 10:30 <b>Integrated Exercise for Seniors</b> 10:30 Tech Tutoring with Ed 12:00-1:00pm <b>Lunch Indoor Dining</b> 1:00pm Bridge 1:30pm Tone &amp; Balance (\$3)</p>	<p><b>10</b></p> <p>9:00 Walking and Weights (\$3) 12:00-1:00pm <b>Grab and Go Lunch</b> 1:00pm Movie Matinee 2:30pm <b>Happy Hour</b></p>
<p><b>13</b></p> <p>9:15 Tai Chi (\$3) 12:00-1:00pm <b>Grab and Go Lunch</b> 12:30pm <b>Mindful Meditation</b> 1:00pm Bingo for Bucks 1:30pm Art Class (\$3)</p>	<p><b>14</b></p> <p>9:30 Group Trivia 10:30 <b>Storytime with Josephine</b> 12:00-1:00pm <b>Grab and Go Lunch</b> 1:00pm <b>Integrated Exercise for Seniors</b> 1:30pm Zumba Gold (\$3)</p>	<p><b>15</b></p> <p>9:15 Tai Chi (\$3) 9:30 Coloring for Calmness 12:00-1:00pm <b>Lunch Indoor Dining</b> 1:00pm <b>AARP Driver Refresher Course (fee)</b> 2:00pm <b>Grief Support</b> 5:30pm Zumba Gold (\$3)</p>	<p><b>16</b></p> <p>9:00 Wood Carving 9:30 Stitch &amp; Chat 9:30 Legal Consultations (by appt.) 10:30 <b>Integrated Exercise for Seniors</b> 12:00-1:00pm <b>Lunch Indoor Dining</b> 1:00pm Bridge 1:30pm <b>Resolving Conflicts Peacefully Seminar</b> 1:30pm Tone &amp; Balance (\$3)</p>	<p><b>17</b></p> <p>9:00 Walking and Weights (\$3) 12:00-1:00pm <b>Grab and Go Lunch</b> 1:00pm <b>Cooking Class with Chef Cindie: National Seafood Month</b> 1:00pm Movie Matinee 2:30pm <b>Happy Hour</b></p>
<p><b>20</b></p> <p>9:15 Tai Chi (\$3) 12:00-1:00pm <b>Grab and Go Lunch</b> 12:30pm <b>Mindful Meditation</b> 1:00pm Bingo for Bucks 1:30pm Art Class (\$3)</p>	<p><b>21</b></p> <p>9:00-11:00 Haircuts (by appointment only) 9:30 Group Trivia 10:30 The Gathering 12:00-1:00pm <b>Grab and Go Lunch</b> 1:00pm <b>Integrated Exercise for Seniors</b> 1:30pm Zumba Gold (\$3)</p>	<p><b>22</b></p> <p>9:15 Tai Chi (\$3) 9:30 Coloring for Calmness 12:00-1:00pm <b>Lunch Indoor Dining</b> 2:00pm <b>Grief Support</b> 5:30pm Zumba Gold (\$3)</p>	<p><b>23</b></p> <p>9:00 Wood Carving 9:30 Stitch &amp; Chat 10:30 <b>Integrated Exercise for Seniors</b> 10:30 Tech Tutoring with Ed 12:00-1:00pm <b>Lunch Indoor Dining</b> 1:00pm Bridge 1:30pm Tone &amp; Balance (\$3)</p>	<p><b>24</b></p> <p>9:00 Walking and Weights (\$3) 12:00-1:00pm <b>Grab and Go Lunch</b> 1:00pm Movie Matinee 2:30pm <b>Happy Hour</b></p>
<p><b>27</b></p> <p>9:15 Tai Chi (\$3) 12:00-1:00pm <b>Grab and Go Lunch</b> 12:30pm <b>Mindful Meditation</b> 1:00pm Bingo for Bucks 1:30pm Art Class (\$3)</p>	<p><b>28</b></p> <p>9:30 Group Trivia 10:30 The Gathering 12:00-1:00pm <b>Grab and Go Lunch</b> 1:00pm <b>Integrated Exercise for Seniors</b> 1:30pm Zumba Gold (\$3)</p>	<p><b>29</b></p> <p>9:15 Tai Chi (\$3) 9:30 Coloring for Calmness 12:00-1:00pm <b>Lunch Indoor Dining: Special Lunch, Entertainment by Patrice Hawthorne (\$8)</b> 2:00pm <b>Grief Support</b> 5:30pm Zumba Gold (\$3)</p>	<p><b>30</b></p> <p>9:00 Wood Carving 9:30 Stitch &amp; Chat 10:30 <b>Integrated Exercise for Seniors</b> 12:00-1:00pm <b>Lunch Indoor Dining</b> 1:00pm Bridge 1:30pm Tone &amp; Balance (\$3)</p>	 <p><b>Cooking with Chef Cindie</b> June 17 at 1:00pm National Seafood Month</p>