

June

2019



3	4	5	6	7
<p><u>MONDAY</u></p> <p>Strength & Flex 8:30 Sarah's Class 10:00 Ping pong 9 -12 pm Pickleball 9-12 pm Senior Spin 3:30 pm LifeStream Lunch 11:00</p>	<p><u>TUESDAY</u></p> <p>SilverSneakers Classic 10:00 Woodcarving 10 am Knitting 10 am Pickleball 9:00-12:00 LifeStream Lunch 11:00</p>	<p><u>WEDNESDAY</u></p> <p>Boot Camp 8:30am Sarah's Class 10:00 Ping Pong 9-12 pm Pickleball 9-12 pm Senior Spin 3:30 LifeStream Lunch 11:00</p> <p>Craft Club 1-2 Woodcarving 6:00 pm</p>	<p><u>THURSDAY</u></p> <p>SilverSneakers Classic 10:00 Pickleball 9:00-12:00 LifeStream Lunch 11:00</p> <p>Card Club 1:00</p>	<p><u>FRIDAY</u></p> <p>Senior Fit Mix 8:30 Judy & Sharon's Cardio Class 10 Ping pong 9 -12 pm Pickleball 9-12 pm</p>

June 10th-28th



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MONDAY

Strength& Flex 8:30
Sarah's Class 10:00
Ping pong 9 -12 pm
Pickleball 9-12 pm
Senior Spin 3:30pm
LifeStream Lunch 11:00

11

TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00
LifeStream Lunch 11:00

12

WEDNESDAY

Boot Camp 8:30am
Sarah's Class 10:00
Pickleball/PingPong 9-12
Senior Spin 3:30pm
LifeStream Lunch 11:00

Woodcarving 6:00 pm

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THURSDAY

SilverSneakers
Classic 10:00
Pickleball 9:00-12:00
LifeStream Lunch 11:00

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FRIDAY

Senior Fit Mix 8:30
Judy & Sharon's
Cardio class 10
Ping pong 9 -12 pm
Pickleball 9-12 pm

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MONDAY

Strength& Flex 8:30
Sarah's Class 10:00
Ping pong 9 -12 pm
Pickleball 9-12 pm
LifeStream Lunch 11:00

Senior Spin 3:30pm

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TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00
LifeStream Lunch 11:00

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WEDNESDAY

Boot Camp 8:30am
Sarah's Class 10:00
Ping Pong 9-12 pm
Pickleball 9-12 pm
LifeStream Lunch 11:00

Craft Club 1-2

Senior Spin 3:30pm

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THURSDAY

SilverSneakers
Classic 10:00
Pickleball 9:00-12:00
LifeStream Lunch 11:00

Card Club 1:00

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FRIDAY

Senior Fit Mix 8:30
Judy & Sharon's
Cardio class 10
Ping pong 9 -12 pm
Pickleball 9-12 pm

Movie Night
"Mary Poppins
Returns"
@ 6:00 pm

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MONDAY

Strength& Flex 8:30
Sarah's Class 10:00
Ping pong 9 -12 pm
Pickleball 9-12 pm
LifeStream Lunch 11:00

Senior Spin 3:30pm

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TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00
LifeStream Lunch 11:00

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WEDNESDAY

Boot Camp 8:30am
Sarah's Class 10:00
Ping Pong 9-12 pm
Pickleball 9-12 pm
LifeStream Lunch 11:00

Woodcarving 6:00 pm

Senior Spin 3:30pm

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THURSDAY

SilverSneakers
Classic 10:00
Pickleball 9:00-12:00
LifeStream Lunch 11:00

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FRIDAY

Senior Fit Mix 8:30
Judy & Sharon's
Cardio class 10
Ping pong 9 -12 pm
Pickleball 9-12 pm