



# JULY 2022 FITNESS & ACTIVITIES



## MONDAYS

Billiards 7:30-6pm

Cards/Puzzles 7:30-6pm

Computer Lab 7:30-6pm

Walking-Gym 7:30-9:00am

Senior Fit  
8:00 - 8:45 a.m. **Irene**

Stretch and Flex  
9:00 - 9:45 a.m. **Irene**

Pickleball  
9:00 - 3:00 p.m.

Tai Chi  
10:00-11:00 a.m. **Russ**

Body Sculpting  
10:30 - 11:15 a.m. **Gerry**

Rhythm & Movement  
(Line Dancing)  
11:30-12:15 p.m. **Gerry**

Canasta (Cards)  
1:00 p.m. - 4:00 p.m.

Body Sculpting  
4:30 - 5:15 p.m. **Irene**

Yoga  
5:15 - 6:00 p.m. **Irene**

Stability Ball Training  
5:30 - 6:00 p.m. **Elena**

## TUESDAYS

Billiards 7:30-6pm

Cards/Puzzles 7:30-6pm

Computer Lab 7:30-6pm

Walking-Gym 7:30-9:00am

Senior Fit  
8:00 - 8:45 a.m. **Irene**

Pickleball  
8:00 -10:15 a.m.  
11:30-3:00 p.m.

Pickleball - **BEGINNERS**  
8:00-10:15am Relax Court  
11:30-3:00pm Relax Court

Cardio Fit/ Step  
9:00 - 9:45 a.m. **Irene**

Art Class—**Lynne**  
10:00—Noon (Drawing)  
1:00-3:00 pm (Watercolor)

Silver & Fit Excel  
10:30 - 11:15 a.m. **Gerry**  
(Held in Gymnasium)

Ceramics Class  
10:30 - 11:30 a.m. **Sharon**

Line Dancing  
10:30—Noon **Perrin/Karen**

Stretch & Balance  
11:30—12:15 p.m. **Gerry**

Bingo 1:00 - 3:00 p.m.

Stability Ball Training  
5:30 - 6:00 p.m. **Elena**



## WEDNESDAYS

Billiards 7:30-6pm

Cards/Puzzles 7:30-6pm

Computer Lab 7:30-6pm

Walking-Gym 7:30-9:00am

Senior Fit  
8:00 - 8:45 a.m. **Irene**

Stretch and Flex  
9:00 - 9:45 a.m. **Irene**

Pickleball  
9:00 - 3:00 p.m.

Tai Chi  
10:00-11:00 a.m. **Russ**

Body Sculpting  
10:30 - 11:15 a.m. **Gerry**

Rhythm & Movement  
(Line Dancing)  
11:30-12:15 p.m. **Gerry**

Beginner Pickleball Clinic  
**\*1ST WEDNESDAY OF  
EACH MONTH 12:30 PM**

Body Sculpting  
4:30 - 5:15 p.m. **Irene**

Yoga  
5:15 - 6:00p.m. **Irene**

Stability Ball Training  
5:30 - 6:00 p.m. **Elena**



## THURSDAYS

Billiards 7:30-6pm

Cards/Puzzles 7:30-6pm

Computer Lab 7:30-6pm

Walking-Gym 7:30-9:00am

Senior Fit  
8:00 - 8:45 a.m. **Irene**

Pickleball  
9:00 - 3:00 p.m.

Pickleball - **BEGINNERS**  
9:00 - Noon (Relax Court)

Cardio Fit/Step  
9:00 - 9:45 a.m. **Irene**

Silver & Fit Excel  
10:30 - 11:15 a.m. **Gerry**

Stretch & Balance  
11:30-12:15 p.m. **Gerry**

**\*\*NEW CLASS ON 7.14.22**  
Polymer Clay Art /Jewelry  
1:00 pm in Ceramics Rm.

Bingo 1:00 - 3:00 p.m.

Stability Ball Training  
5:30 - 6:00 p.m. **Elena**



## FRIDAYS

Billiards 7:30-Noon

Cards/Puzzles 7:30-Noon

Computer Lab 7:30-Noon

Walking-Gym 7:30-9:00am

Senior Fit  
8:00 - 8:45 a.m. **Irene**

Yoga  
9:00-10:00 a.m. **Irene**

Pickleball  
9:00 - Noon

Acrylic Art Class  
9:00 - Noon p.m. **Marsh**

Tai Chi  
10:00 - 11:00 a.m. **Russ**

Intermediate Line Dancing  
9:30 - 10:30 a.m. **Linda**

Line Dancing  
10:30- Noon **Perrin/Karen**

**Dauphin  
Street  
Café is Open!**

**HOLIDAY  
CLOSURE**  
**Monday, July 4th  
Independence Day**

