



JULY EVENTS

MONDAY: 6,13,20,27

10:15 AM	WAKE UP & STRETCH	EAST ROOM
11:00 AM	TONE IT UP!	EAST ROOM
2-2 PM	LUNCH	DINING ROOM
12:30 PM	WALKING GROUP	MEET IN LOBBY
1:00 PM	STRETCH & MOBILITY	SHAWN'S PLACE
1:30 PM	YOGA CLASS	EAST ROOM

WEDNESDAY: 1,8,15,22,29

11:00 AM	TONE IT UP!	EAST ROOM
2-2 PM	LUNCH	DINING ROOM
12:30 PM	WALKING GROUP	MEET IN LOBBY
1:00 PM	BALANCE & MOBILITY	SHAWN'S PLACE
1:00 PM	(1,15) MP ACTS	LOUNGE
1:00 PM	(8, 22) RACE RELATIONS	EAST ROOM

FRIDAY: 3,10,17,24,31

9:30 AM	DRAWING & PAINTING	ART STUDIO
11:00 AM	TONE IT UP!	EAST ROOM
2-2 PM	LUNCH	DINING ROOM
1:00PM	ADAPTING TO AGING	CHAPEL
3:00 PM	(10, 24) POETRY GROUP	GAME ROOM
4:30-6:30	DINNER	DINING ROOM
7:15 PM	FRIDAY SPEAKER	EAST ROOM