




# JUNE

WEDNESDAY, JUNE 10		THURSDAY, JUNE 11		FRIDAY, JUNE 12		SATURDAY, JUNE 13	
10-11	Yoga for You	9-12	Practice Lab	9:30-12	Drop In Chess	10-10:45	LaBlast Dance
10-12	60+ English	9-1:30	Piano	10-11	Yoga for You	11-11:45	Standing
10-12	Gift Shop Craft	10-11	Vamos A Comer	10-12	60+ English		Strength and
10-12	Backup & Restore PC		Saludable-Health	11-12	Positive Aging		Balance
11:15-12:05	Line Dancing	10-12	60+ English	11:15-12	Easy Feet		
2-3:30	60+ Spanish	10-12	Bocce Ball Club	1:30-3	Drop In Bridge		
7-10	RSI Bingo	10-1	Housing Expo				
		10:30-12	Japanese Culture				
		11-12	Grupo de Apoyo Hispano				
		1-2:30	Positive Aging				
		1-2:30	Living & Learning				
		2-3:30	60+ Spanish				
		2-4	English Convo.				
MONDAY, JUNE 15		TUESDAY, JUNE 16		WEDNESDAY, JUNE 17		THURSDAY, JUNE 18	
10-12	60+ English	9-1:30	Piano	10-12	Gift Shop Craft	9-12	Practice Lab
10-12	iPhone Basics	9:30-2	Drawing with Val	10-12	Windows Security	9-1:30	Piano
10:30-11:30	Montgomery County Schools: Rosa Parks	10-12	Cookie Decorating	11:15-12:05	Line Dancing	10-11	Vamos A Comer
12:30-2	Improv Positivity	10-12	Bocce Ball Club	2-3:30	60+ Spanish		Saludable-Health
1-2	Egyptomania Mummies	10-12	iPhone Basics	7-10	RSI Bingo	10-12	Bocce Ball Club
1-2	Stress Reduction/Meditation	12-1	Memory Cafe			10:30-12	Japanese Culture
2-3:30	60+ Spanish	1-2	Carnation Players Ice Cream Social			11-12	Grupo de Apoyo Hispano
		1:30-2:25	Handbells #1			1-2:30	Positive Aging
		1:30-3	Helping Hands K			1:30-2:30	Better Breather's Club
		2-3:30	60+ Spanish			2-3:30	60+ Spanish
		2:30-3:25	Handbells #2				
FRIDAY, JUNE 19		SATURDAY, JUNE 20		MONDAY, JUNE 23		TUESDAY, JUNE 24	
Building Closed 		Drop In Programs		9-9:45	Strength Training	9-9:30	Body Blast
				10-10:50	Forever Fit	10-10:50	Easy Zumba
				10-12	Optimize your PC	10-12	Gift Shop Craft
				10-12	Bocce Ball Club	10-12	Memory Screenings
				11-12	Aerobic Workout	10-12	Avoiding PC Scams
				11-12	Spies & Disguises	11-11:30	Stretch & Energize
				12:15-1	Rollator Strength & Conditioning	12:15-1:05	Total Body Fit
				1-2	Arthritis Foundation	1:15-2	Balance Challenge
				1-2:30	Positive Aging	2-3:30	60+ Spanish
				1:15-2:15	Cardio Motion	7-10	RSI Bingo
				1:15-2	Beg. Pilates		
				1:30-3	Helping Hands		
				2:30-3:15	Cardio Drum		

THURSDAY, JUNE 25	MONDAY, JUNE 22	TUESDAY, JUNE 23	WEDNESDAY, JUNE 24
9-9:45 Strength Training	9-9:45 Total Conditioning	9-9:45 Strength Training	9-9:30 Body Blast
9-12 Practice Lab		10-10:50 Forever Fit	10-10:50 Easy Zumba
9:30-10:45 Book Club	10-10:50 Easy Zumba	10-12 Optimize your PC	10-12 Gift Shop Craft
10-10:50 Forever Fit	10-12 Optimize your PC	10-12 Bocce Ball Club	10-12 Memory Screenings
10-11 Vamos A Comer Saludable-Health	11-12 Chair Exercise	11-12 Aerobic Workout	10-12 Avoiding PC Scams
10-12 Bocce Ball Club	12:15-1:05 Total Body Sculpt	11-12 Spies & Disguises	11-11:30 Stretch & Energize
10-5 Mobile Market	12:30-2 Improv Positivity	12:15-1 Rollator Strength & Conditioning	12:15-1:05 Total Body Fit
11-12 Aerobic Workout	1-2 Hidden Gem of the Huachucas	1-2 Arthritis Foundation	1:15-2 Balance Challenge
11-12 Grupo de Apoyo Hispano	1-2 Stress Reduction/Meditation	1-2:30 Positive Aging	2-3:30 60+ Spanish
12:05-12:50 Strength and Stability: Lunchtime Fitness	1:15-2 Balance Matters	1:15-2 Beg. Pilates	7-10 RSI Bingo
12:45-1:45 Tai Chi Level 1	2-3:30 60+ Spanish	1:30-3 Helping Hands	
1-2 Arthritis Foundation	2:15-3 Stretching and Flexibility Coach	2:30-3:15 Cardio Drum	
1-2 Let's Talk About Breathing			
1-3 In Person Movie			
2-2:45 Afternoon Yoga and Relaxation			
2-3 Tai Chi Level 2			
2-3:30 60+ Spanish			

THURSDAY, JUNE 25	FRIDAY, JUNE 26	SATURDAY, JUNE 27	MONDAY, JUNE 29
9-9:45 Strength Training	9-9:45 Total Conditioning	10-10:45 LaBlast Dance	9-9:45 Total Conditioning
9-12 Practice Lab	9:30-12 Drop In Chess	11-11:45 Standing Strength and Balance	10-10:50 Easy Zumba
9:30-10:45 Book Club	11-12 Positive Aging		11-12 Chair Exercise
10-10:50 Forever Fit	11:15-12 Easy Feet		12:15-1:05 Total Body Sculpt
10-11 Vamos A Comer Saludable-Health	12:15-1:15 Arthritis Foundation		12:30-2 Improv Positivity
10-12 Bocce Ball Club	1-3 In Person Movie		1:15-2 Balance Matters
10-5 Mobile Market	1:30-2:15 Zumba Gold		2-3:30 60+ Spanish
11-12 Aerobic Workout	1:30-3 Drop In Bridge		2:15-3 Stretching and Flexibility Coach
11-12 Grupo de Apoyo Hispano	2:30-3 30-Minute Stretch and Unwind		
12:05-12:50 Strength and Stability: Lunchtime Fitness	2-3:30 60+ Spanish		
12:45-1:45 Tai Chi Level 1			
1-2 Arthritis Foundation			
1-2 Let's Talk About Breathing			
1-3 In Person Movie			
2-2:45 Afternoon Yoga and Relaxation			
2-3 Tai Chi Level 2			
2-3:30 60+ Spanish			

TUESDAY, JUNE 30	
9-9:45 Strength Training	
9-1:30 Piano	
9:30-2 Drawing with Val	
10-10:50 Forever Fit	
10-12 Bocce Ball Club	
11-12 Aerobic Workout	
11-12 Storytelling with Erin	
12:15-1 Rollator Strength & Conditioning	
1-2 Arthritis Foundation	
1:15-2:15 Cardio Motion	
1:15-2 Beg. Pilates Foundations	
1:30-2:25 Handbells #1	
1:30-3 Helping Hands	
2:30-3:15 Cardio Drum	
2:30-3:25 Handbells #2	
2-3:30 60+ Spanish	

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Office Hours  
 Monday-Friday  
 8:30 a.m.-5 p.m.

Fitness Room Hours  
 Monday-Thursday  
 7 a.m.-7 p.m.

Friday  
 7 a.m.-5 p.m.

Saturday  
 9 a.m.-3 p.m.