



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:30 Silver Chords 12:30 Bunko 1:30 Computer Class 1:30 Warm Heels Tap 3:00 Hott Heels Tap	2 9:30 Random Dance 10:00 Devotionals 10:30 Line Dancing 12:30 New Walmart**	3 12:30 Scottish Dance 1:30 Computer Class 2:30 Hott Heels Tap 12:15 BINGO	4 9:30 Beginning Tap 12:30 Canasta 12:30 Pinochele 12:30 "Chicks with Sticks" 12:30 Play Practice	5 9:00 Wood Carving 10:30 Beg. Line Dancing 12:30 Bridge Club 12:30 Mahjong
8 9:00 Hair Cuts 9:30 Silver Chords 12:30 Bunko 1:30 Computer Class 1:30 Warm Heels Tap 3:00 Hott Heels Tap	9 9:30 Random Dance 10:00 Devotionals 10:30 Line Dancing EATEROUTERS 5:00 Rib Crib	10 12:30 Buy for Less 12:30 Scottish Dance 1:30 Computer Class 2:30 Hott Heels Tap	11 9:30 Beginning Tap 10:00 Golden Age Clinic 12:30 Canasta 12:30 Pinochele 12:30 "Chicks with Sticks" 12:30 Play Practice Riverwind Casino 8:45 am dep \$6 NO BUS PICK UPS	12 9:00 Wood Carving 10:30 Beg. Line Dancing 12:30 Bridge Club 12:30 Mahjong
15 9:00 Hair Cuts 9:30 Silver Chords 1:30 Computer Class 1:30 Warm Heels Tap 3:00 Hott Heels Tap	16 9:30 Random Dance 10:00 Devotionals 10:30 Line Dancing 12:30 Canasta 12:30 Pinochele Yarn Bus Trip NO BUS PICK UPS	17 12:15 BINGO 12:30 Walmart 12:30 Scottish Dance 1:30 Computer Class 2:30 Hott Heels Tap	18 9:30 Beginning Tap 12:30 Canasta 12:30 "Chicks with Sticks" 12:30 Pinochele 12:30 Play Practice Mystery Lunch 10:30 dep. \$5	19 9:00 Wood Carving 10:30 Beg. Line Dancing 12:30 Bridge Club 12:30 Mahjong
22 9:30 Silver Chords 1:30 Computer Class 1:30 Warm Heels Tap 3:00 Hott Heels Tap Red Rock Canyon Hike 8:30 departure NO BUS PICK UPS	23 10:00 Devotionals 10:30 Line Dancing 12:30 Canasta 12:30 Pinochele 12:30 Pinochele	24 12:30 New Wal-Mart 12:30 Scottish Dance 1:30 Computer Class 2:30 Hott Heels Tap	25 9:30 Beginning Tap 12:30 Canasta 12:30 "Chicks with Sticks" 12:30 Pinochele 12:30 Play Practice Birthday Luau 10:30am Loving Care Blood Pressure/ Screening Zoo Trip Rescheduled For Tuesday, July 14 Confirm your Reservation at Front Desk ** Those unable to walk without assistance must be accompanied by a family member on all bus trips.	26 9:00 Wood Carving 10:30 Beg. Line Dancing 12:30 Bridge Club 12:30 Mahjong
29 9:30 Silver Chords 1:30 Computer Class 1:30 Warm Heels Tap 3:00 Hott Heels Tap	30 9:30 Random Dance 10:00 Devotionals 10:30 Line Dancing 12:30 Canasta 12:30 Pinochele National Weather Museum 9:00 am \$6	Hours: 7:30am - 4:00 pm Lunch Served at 11:45am DAILY Enjoy Coffee, Snacks, Dominos Cards & Quilting.	Devotional Leaders: June 2 - Discover Church June 9 - 1st United Methodist June 16 - Yukon Church June 23 - 1st Christian Church June 30 - TBA	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:00 Arm Chair Video 10:30 Tai Chi - Balance 11:00 Playground Rules Musical Chairs 12:30 Weights & Low Impact Aerobics	2 8:00 Arm Chair Video	3 8:00 Arm Chair Video	4 8:00 Arm Chair Video 10:30 Tai Chi - Balance	5 8:00 Arm Chair Video
6:00pm Zumba	9:30 Sitting Exercise 10:30 Weights & Low Impact Aerobics	6:00pm Zumba	9:30 Combo Class 10:30 Sitting Exercise	
8 8:00 Arm Chair Video 10:30 Tai Chi - Balance 11:00 Playground Rules Balloon Soccer 12:30 Weights & Low Impact Aerobics	9 8:00 Arm Chair Video	10 8:00 Arm Chair Video	11 8:00 Arm Chair Video 10:30 Tai Chi - Balance	12 8:00 Arm Chair Video
6:00pm Zumba	9:30 Sitting Exercise 10:30 Weights & Low Impact Aerobics	6:00pm Zumba	9:30 Combo Class 10:30 Sitting Exercise	
15 8:00 Arm Chair Video 10:30 Tai Chi - Balance 11:00 Playground Rules Table Tennis 12:30 Weights & Zumba Gold 1:30 Pilates	16 8:00 Arm Chair Video	17 8:00 Arm Chair Video	18 8:00 Arm Chair Video 10:30 Tai Chi - Balance	19 8:00 Arm Chair Video
6:00pm Zumba	9:30 Sitting Exercise 10:30 Weights & Low Impact Aerobics	6:00pm Zumba	9:30 Combo Class 10:30 Sitting Exercise	
22 8:00 Arm Chair Video 10:30 Tai Chi - Balance 11:00 Playground Rules	23 8:00 Arm Chair Video	24 8:00 Arm Chair Video	25 8:00 Arm Chair Video 10:30 Tai Chi - Balance	26 8:00 Arm Chair Video
6:00pm Zumba	9:30 Sitting Exercise 10:30 Weights & Low Impact Aerobics	6:00pm Zumba	9:30 Combo Class 10:30 Sitting Exercise	
29 8:00 Arm Chair Video 10:30 Tai Chi - Balance 11:00 Playground Rules Relay Races 12:30 Weights & Low Impact Aerobics	30 8:00 Arm Chair Video	Class Fees: Daytime classes are \$2 each and evening classes are \$3. We operate on the honor system.	Dart board Shuffleboard Pool Table Table Tennis Horseshoes	Equipment Available: Stationary Bike Treadmill Free Weights
6:00pm Zumba				

Arm Chair Video: Every morning, participants exercise to a video created to work out the entire body from the safety and stability of a chair. The exercises incorporated in this video yield remarkable results.

Tai Chi: Tai Chi is a form of martial art that uses slow controlled movement to build strength in the entire body. The forms help increase balance and overall body fitness. Morning classes are a simplified version geared toward improving balance.

Zumba: Zumba is a fresh form of aerobic exercise with movements to upbeat latin music. The energetic dance steps are a great exercise for all ages.

Weights & Aerobics: The Weights & Low Impact Aerobics classes start with 20 - 30 minutes of toning incorporating light weights and high repetition. This is followed by low impact aerobics geared to get moving without overtaxing the body.

Sitting Exercise: The Sitting Exercise class is 45 - 50 minutes of weight training and toning done from the stability of a chair. This is a great way to isolate muscles that generally do not get as much use in basic daily activities.

Pilates: This exercise is performed on mats on the floor. It is a strength and flexibility building class.

Playground Rules: This program meant to find fun ways to improve balance through games and activities.

