

Monday	Tuesday	Wednesday	Thursday	Friday
2 Stretch and Meditate 8:30AM Exercise with Carl 8:30AM Line Dancing - Beginning Level 2 9:00AM Exercise with Carl 10:15AM Feldenkrais: Freedom of Movement 12:00PM Bereavement Support - Hospice by the Sea 12:30PM Fun Sway 1:00PM Silver Age Yoga 2:00PM	3 Yoga for Self Healing and Joy 8:30AM Tap Dance - Level 2 9:00AM Yoga for Self Healing and Joy 10:00AM Computer Tutoring 10:00AM Tap Dance - Level 3 10:30AM Zumba Gold 1:00PM Current Events 1:30PM	4 Beginning Spanish Conversation 8:15AM Yoga for Self Healing and Joy 8:30AM Intermed/Advanced Spanish Conversation 9:00AM Computer Tutoring 9:30AM Stamp Club 10:30AM Computer Tutoring 1:00PM (No Pilates, Ballroom Dancing, or T'ai Chi Chih Today)	5 Qi Gong Beginning 8:30AM Fun Sway 10:00AM Chicago Bridge 12:30PM Duplicate Bridge Play 12:30PM Italian Conversation 1:00PM Computer Tutoring 1:00PM	6 Yoga for Self Healing and Joy 8:30AM Line Dancing Beginning Level 2 9:00AM Blood Pressure Clinic 9:30AM Line Dancing - Intermediate 10:15AM Beginning Instructional Spanish 12:15PM Middle Eastern Belly Dance 1:00PM Computer Tutoring 1:00PM Intermediate Instructional Spanish 1:30PM Pickleball 2:30PM (No T'ai Chi Chih Today or Sing for Your Life Today)
9 Stretch and Meditate 8:30AM Exercise with Carl-Parking lot 8:30AM Line Dancing - Beginning Level 2 9:00AM Exercise with Carl-Parking lot 10:15AM Feldenkrais: Freedom of Movement 12:00PM Bereavement Support - Hospice by the Sea 12:30PM Fun Sway 1:00PM Exploring Search Engines Computer Class 1:00PM Silver Age Yoga 2:00PM	10 Yoga for Self Healing and Joy 8:30AM Tap Dance - Level 2 9:00AM HICAP* 9:00AM Yoga for Self Healing and Joy 10:00AM Computer Tutoring 10:00AM Tap Dance - Level 3 10:30AM Zumba Gold 1:00PM Current Events 1:30PM	11 Beginning Spanish Conversation 8:15AM Yoga for Self Healing and Joy 8:30AM Intermed/Advanced Spanish Conversation 9:00AM Computer Tutoring 9:30AM Pamela Trunell-NCTD Questions and 10:15AM Tai Chi Chih- Intermediate 10:30AM Computer Tutoring 1:00PM Movie Classics- Born Yesterday 1:00PM (No Pilates or Ballroom Dancing Today)	12 Qi Gong Beginning 8:30AM ElderLaw and Advocacy* 9:30AM HICAP* 9:30AM Fun Sway 10:00AM Chicago Bridge 12:30PM Duplicate Bridge Play 12:30PM Italian Conversation 1:00PM Computer Tutoring 1:00PM	13 Yoga for Self Healing and Joy 8:30AM Line Dancing Beginning Level 2 9:00AM Line Dancing - Intermediate 10:15AM Sing for your Life 10:30AM Middle Eastern Belly Dance 1:00PM Computer Tutoring 1:00PM Pickleball 2:30PM (No T'ai Chi Chih Today or Instructional Spanish Today)
16 Stretch and Meditate 8:30AM Exercise with Carl 8:30AM Line Dancing - Beginning Level 2 9:00AM Exercise with Carl 10:15AM Feldenkrais: Freedom of Movement 12:00PM Bereavement Support - Hospice by the Sea 12:30PM Fun Sway 1:00PM Exploring Search Engines Computer Class 1:00PM Silver Age Yoga 2:00PM	17 Yoga for Self Healing and Joy 8:30AM Tap Dance - Level 2 9:00AM HICAP* 9:00AM Yoga for Self Healing and Joy 10:00AM Diabetes Support Group 10:00AM Computer Tutoring 10:00AM Tap Dance - Level 3 10:30AM Zumba Gold 1:00PM Current Events 1:30PM	18 Beginning Spanish Conversation 8:15AM Yoga for Self Healing and Joy 8:30AM Intermed/Advanced Spanish Conversation 9:00AM Computer Tutoring 9:30AM Transit Buddy Presentation 10:30AM Tai Chi Chih- Intermediate 10:30AM Book Club-Enemy Women-Paulette Jiles 1:00PM Computer Tutoring 1:00PM (No Pilates or Ballroom Dancing Today)	19 Qi Gong Beginning 8:30AM Fun Sway 10:00AM Chicago Bridge 12:30PM Duplicate Bridge Play 12:30PM Italian Conversation 1:00PM Computer Tutoring 1:00PM	20 Yoga for Self Healing and Joy 8:30AM Line Dancing Beginning Level 2 9:00AM Blood Pressure Clinic 9:30AM Line Dancing - Intermediate 10:15AM Sing for your Life 10:30AM Tai Chi Chih- Intermediate 10:30AM Beginning Instructional Spanish 12:15PM Middle Eastern Belly Dance 1:00PM Computer Tutoring 1:00PM Intermediate Instructional Spanish 1:30PM Social Dance- The Billy Harper Band 2:00PM Pickleball 2:30PM
23 Stretch and Meditate 8:30AM Exercise with Carl-Banquet Hall 8:30AM Line Dancing - Beginning Level 2 9:00AM Exercise with Carl-Banquet Hall 10:15AM Feldenkrais: Freedom of Movement 12:00PM Bereavement Support - Hospice by the Sea 12:30PM Fun Sway 1:00PM Digital Photo Workshop I & II 1:00PM Silver Age Yoga 2:00PM	24 Yoga for Self Healing and Joy 8:30AM Tap Dance - Level 2 9:00AM HICAP * 9:00AM Yoga for Self Healing and Joy 10:00AM Computer Tutoring 10:00AM Sittin' & Knittin' 10:00AM Tap Dance - Level 3 10:30AM Zumba Gold 1:00PM Current Events 1:30PM	25 Beginning Spanish Conversation 8:15AM Yoga for Self Healing and Joy 8:30AM Intermed/Advanced Spanish Conversation 9:00AM Computer Tutoring 9:30AM 50+ Singles Club 10:30AM Tai Chi Chih- Intermediate 10:30AM Computer Tutoring 1:00PM (No Pilates or Ballroom Dancing Today)	26 Qi Gong Beginning 8:30AM ElderLaw and Advocacy* 9:30AM Fun Sway 10:00AM Chicago Bridge 12:30PM Duplicate Bridge Play 12:30PM Italian Conversation 1:00PM Computer Tutoring 1:00PM	27 Yoga for Self Healing and Joy 8:30AM Line Dancing Beginning Level 2 9:00AM Line Dancing - Intermediate 10:15AM Sing for your Life 10:30AM Tai Chi Chih- Intermediate 10:30AM Beginning Instructional Spanish 12:15PM Middle Eastern Belly Dance 1:00PM Computer Tutoring 1:00PM Intermediate Instructional Spanish 1:30PM Pickleball 2:30PM
30 Stretch and Meditate 8:30AM Exercise with Carl 8:30AM Line Dancing - Beginning Level 2 9:00AM Exercise with Carl 10:15AM Feldenkrais: Freedom of Movement 12:00PM Bereavement Support - Hospice by the Sea 12:30PM Digital Photo Workshop I & II 1:00PM Silver Age Yoga 2:00PM Spaghetti Dinner Reception 4:45PM Spaghetti Dinner Fundraiser 5:30PM (No Fun Sway Today)	31 Yoga for Self Healing and Joy 8:30AM Tap Dance - Level 2 9:00AM Yoga for Self Healing and Joy 10:00AM Computer Tutoring 10:00AM Tap Dance - Level 3 10:30AM Zumba Gold 1:00PM Current Events 1:30PM	*Appointment Required		