

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:15 EXERCISE VIDEO</p> <p>**10:00 SMOCKING EMBROIDERY</p> <p>10:30 STRENGTH & STABILITY</p> <p>**1:00 SEWING FOR HOLIDAY BAZAAR</p>	<p>3</p> <p>9:00 TAI CHI</p> <p>10:00 ZUMBA "GOLD"</p> <p>10:00 & 1:00 CERAMICS CLASSES</p> <p>**1:30 ART STUDIO</p>	<p>4</p> <p><u>CENTER CLOSED</u></p> <p>INDEPENDENCE DAY</p>	<p>5</p> <p>9:30 ZUMBA "GOLD"</p> <p>10:00 CERAMICS CLASS</p> <p>NO LINE DANCING PER INSTRUCTORS</p>	<p>6</p> <p>9:15 EXERCISE VIDEO</p> <p>**10:00 SEWING ROOM - ALL LEVELS</p> <p>10:30 STRENGTH & STABILITY</p> <p>11:30 BINGO</p>
<p>9</p> <p>9:15 EXERCISE VIDEO</p> <p>**10:00 SMOCKING EMBROIDERY</p> <p>10:30 STRENGTH & STABILITY</p> <p>**1:00 SEWING FOR HOLIDAY BAZAAR</p>	<p>10</p> <p>9:00 TAI CHI</p> <p>10:00 ZUMBA "GOLD"</p> <p>**10:00-12:00 BLOOD PRESS. SCR.N.</p> <p>10:00 & 1:00 CERAMICS CLASSES</p> <p>**1:30 ART STUDIO</p>	<p>11</p> <p>9:00 CHAIR YOGA</p> <p>10:30 CONVERSATIONAL ITALIAN</p> <p>10:30 L.B. OLD GUARD</p> <p>12:00 MEN'S CARD PLAYING</p> <p>12:00 CROCHET</p>	<p>12</p> <p>9:30 ZUMBA "GOLD"</p> <p>**10:00-12:00 CONSTITUENT OUTREACH</p> <p>10:00 CERAMICS CLASS</p> <p>NO LINE DANCING PER INSTRUCTORS</p>	<p>13</p> <p>9:15 EXERCISE VIDEO</p> <p>**10:00 SEWING ROOM - ALL LEVELS</p> <p>10:30 STRENGTH & STABILITY</p> <p>11:30 BINGO</p>
<p>16</p> <p>9:15 EXERCISE VIDEO</p> <p>**10:00 SMOCKING EMBROIDERY</p> <p>**10:00-12:00 SUMMER PICNIC REG.</p> <p>10:30 STRENGTH & STABILITY</p> <p>**1:00 SEWING FOR HOLIDAY BAZAAR</p>	<p>17</p> <p>9:00 TAI CHI</p> <p>10:00 ZUMBA "GOLD"</p> <p>**10:00-12:00 SUMMER PICNIC REG.</p> <p>10:00 & 1:00 CERAMICS CLASSES</p> <p>**1:30 ART STUDIO</p>	<p>18</p> <p>9:00 CHAIR YOGA</p> <p>10:30 CONVERSATIONAL ITALIAN</p> <p>10:30 L.B. OLD GUARD</p> <p>12:00 MEN'S CARD PLAYING</p> <p>12:00 CROCHET</p>	<p>19</p> <p>9:30 ZUMBA "GOLD"</p> <p>**10:00-12:00 S.H.I.P. APPOINTMENTS</p> <p>10:00 CERAMICS CLASS</p> <p>NO LINE DANCING PER INSTRUCTORS</p> <p>**1:30 MOVIE MATINEE</p>	<p>20</p> <p>9:15 EXERCISE VIDEO</p> <p>**10:00 SEWING ROOM - ALL LEVELS</p> <p>10:30 STRENGTH & STABILITY</p> <p>11:30 BINGO</p>
<p>23</p> <p>9:15 EXERCISE VIDEO</p> <p>**10:00 SMOCKING EMBROIDERY</p> <p>10:30 STRENGTH & STABILITY</p> <p>**1:00 SEWING FOR HOLIDAY BAZAAR</p>	<p>24</p> <p>9:00 TAI CHI</p> <p>10:00 ZUMBA "GOLD"</p> <p>10:00 & 1:00 CERAMICS CLASSES</p> <p>**1:30 ART STUDIO</p>	<p>25</p> <p>9:00 CHAIR YOGA</p> <p>**9:30-11:30 BLOOD PRESS. SCR.N.</p> <p>10:30 CONVERSATIONAL ITALIAN</p> <p>10:30 L.B. OLD GUARD</p> <p>12:00 MEN'S CARD PLAYING</p> <p>12:00 CROCHET</p>	<p>26</p> <p>9:30 ZUMBA "GOLD"</p> <p>10:00 CERAMICS CLASS</p> <p>NO LINE DANCING PER INSTRUCTORS</p> <p>**1:30 TECH SAVVY</p>	<p>27</p> <p>9:15 EXERCISE VIDEO</p> <p>**10:00 SEWING ROOM - ALL LEVELS</p> <p>10:30 STRENGTH & STABILITY</p> <p>11:30 BINGO</p>
<p>30</p> <p>9:15 EXERCISE VIDEO</p> <p>**10:00 SMOCKING EMBROIDERY</p> <p>10:30 STRENGTH & STABILITY</p> <p>**1:00 SEWING FOR HOLIDAY BAZAAR</p>	<p>31</p> <p>9:00 TAI CHI</p> <p>10:00 ZUMBA "GOLD"</p> <p>10:00 & 1:00 CERAMICS CLASSES</p>	<p>JULY 2018</p>		