

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 Walking Group 8:30 Korean Dance 3 9:00 Needlecraft Service Group 9:00 Longevity Stick Balance 9:00 Fun & Fitness Health 10:30 Korean Folk Song 11:30 Table Tennis 12:30 Medicare Counseling - HICAP 12:30 Bingo 1:00 Chess 1:00 VITAS Support 1:00 Caring Companions 3:00 German Conversation Group <i>No Gentle Yoga & Pilates today.</i> <i>No SeniorServ Lunch Program today.</i>	4 Center Closed for Independence Day Holiday	5 8:00 Walking Group 8:30 Tai Chi Chuan 9:00 Line Dance Lessons 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ Dining Program 11:30 Table Tennis 12:30 Fit & Healthy with Kenny	6 9:00 Crocheting & Knitting Class 10:00 Exercise Plus Health Class 10:45 Senior Grocery Program 11:30 Lunch - SeniorServ Dining Program 12:00 Fitness Zone Health 4:30 Karaoke Up!	7 8:00 Walking Group 8:30 Tai Chi Practice 8:30 Beginners' Tai Chi Practice 9:00 Fitness - Help Yourself to Health 10:00 Photography & More 10:00 Blood Pressure Checks 10:30 Gentle Yoga & Pilates 10:30 Diabetes Support Group 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 & 1:30 Fit & Healthy with Kenny 12:30 Movie: "Walking with the Enemy"
8:00 Walking Group 10 8:30 Korean Dance Class 9:00 Needlecraft Service Group 9:00 Longevity Stick Balance 9:00 Fun & Fitness Health 10:30 Gentle Yoga & Pilates 10:30 Korean Folk Song Class 11:30 Table Tennis 11:30 Lunch - SeniorServ 12:30 Bingo 1:00 Chess 1:00 VITAS Bereavement Support Group 3:00 German Conversation Group 7:00 Alzheimer's Caregiver Support Group	11 9:00 Hawaiian Dance Lessons 9:00 Robin's Exercise & Health 10:00 Fitness Zone Health 10:30 Belly Dance Lessons 11:30 Lunch - SeniorServ 12:00 Duplicate Bridge 12:30 Creative Coloring Connection 1:00 Beginning Drama 6:00 Tuesday Evening Dance	12 8:00 Walking Group 8:30 Tai Chi Chuan 9:00 Line Dance Lessons 10:00 Our World 10:30 SeniorServ Bingo 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Fit & Healthy with Kenny 1:00 Mature Driver Class - Part I	13 9:00 Crocheting & Knitting Class 10:00 Exercise Plus Health Class 11:30 Lunch - SeniorServ 12:15 Legal Aid 1:00 Mature Driver Class - Part II Fitness Zone Health has been scheduled to July 11th this week.	14 8:00 Walking Group 8:30 Tai Chi Practice 8:30 Beginners' Tai Chi Practice 9:00 Fitness - Help Yourself to Health 10:00 Photography & More 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 & 1:30 Fit & Healthy with Kenny 12:30 Movie: "Beauty and the Beast" No Korean Parkinson's Support Group today.
8:00 Walking Group 8:30 Korean Dance 17 9:00 Needlecraft Service Group 9:00 Longevity Stick Balance 9:00 Fun & Fitness Health 9:00 Medicare Counseling-HICAP (Korean) 10:30 Korean Folk Song Class 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Medicare Counseling - HICAP 12:30 Bingo 1:00 Chess 1:00 VITAS Bereavement Support Group 3:00 German Conversation Group	18 9:00 Hawaiian Dance Lessons 9:00 Robin's Exercise & Health 10:30 Belly Dance Lessons 11:30 Lunch - SeniorServ 12:00 Duplicate Bridge 12:30 Creative Coloring Connection 1:00 Beginning Drama 6:00 Tuesday Evening Dance	19 8:00 Walking Group 8:30 Tai Chi Chuan 9:00 Line Dance Lessons 9:00 Los Angeles Arboretum and Botanic Garden Trip 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Fit & Healthy with Kenny	20 9:00 Crocheting & Knitting Class 10:00 Exercise Plus Health Class 10:45 Senior Grocery Program 11:30 Lunch - SeniorServ 12:00 Fitness Zone Health 1:00 Senior Club Board Meeting	21 8:00 Walking Group 8:00 Bulletin Collation 8:30 Tai Chi Practice 8:30 Beginners' Tai Chi Practice 9:00 Fitness - Help Yourself to Health 10:00 Photography & More 10:00 Blood Pressure Checks 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 & 1:30 Fit & Healthy with Kenny 12:30 Movie: "Café Society"
8:00 Walking Group 8:30 Korean Dance 24 9:00 Needlecraft Service Group 9:00 Longevity Stick Balance 9:00 Fun & Fitness Health 9:00 Riverside Hotel Resort - Laughlin Trip 9:30 CTAP Telephone Services 10:30 Korean Folk Song Class 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Bingo 1:00 Chess 1:00 VITAS Bereavement Support Group 3:00 German Conversation Group	25 9:00 Hawaiian Dance Lessons 9:00 Robin's Exercise & Health 10:30 Belly Dance Lessons 11:30 Lunch - SeniorServ 12:00 Duplicate Bridge 12:30 Creative Coloring Connection 1:00 Beginning Drama 6:00 Tuesday Evening Dance	26 8:00 Walking Group 8:30 Tai Chi Chuan 9:00 Line Dance Lessons 10:00 Our World 10:30 Gentle Yoga & Pilates 10:30 SeniorServ Bingo 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Fit & Healthy with Kenny	27 9:00 Crocheting & Knitting Class 10:00 Exercise Plus Health Class 10:30 SeniorServ Birthdays 11:30 Lunch - SeniorServ 12:00 Fitness Zone Health Class 5:30 Spectacles Improv Engine Showcase	28 8:00 Walking Group 8:30 Tai Chi Practice 8:30 Beginners' Tai Chi Practice 9:00 Fitness - Help Yourself to Health 10:00 Photography & More 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 & 1:30 Fit & Healthy with Kenny 12:30 Movie: "Hidden Figures"
Same as Monday, July 24, except: Delete: CTAP Telephone Services 31 Riverside Hotel Resort & Casino - Laughlin Trip	July 2017		Longevity Stick Balance <i>Mondays: 9-10 a.m.</i> Exercise group meets in Grand Hall A	Duplicate Bridge Players <i>Tuesdays: 12-3:30 p.m.</i> Players meet in Grand Hall A or B