



JULY 2017

MONDAY

Yoga & Flex 8:30
Pilates Class 10:00
Pickleball/Ping pong
9:30
Pickleball 9-12 pm
LifeStream Lunch
11:30

4.

CLOSED!!



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5.

WEDNESDAY

Boot Camp 8:30am
Sarah's Class 10:00
Pickleball/Pingpong 9:30
Craft Club 1-2
Woodcarving 6:00 pm
LifeStream Lunch 11:30

6

THURSDAY

SilverSneakers
Classic 10:00
Pickleball/Pingpong
4:00
Card Club 1:00-3:30
LifeStream Lunch
11:30

7

FRIDAY

Senior Fit M
Eme's Class
Pickleball/Pi
11:00
Pickleball 9

MONDAY

Yoga & Flex 8:30
Pilates Class 10:00
Pickleball/Ping pong
9:30
Pickleball 9-12 pm
LifeStream Lunch
11:30

11

TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball/Ping Pong
11:00
LifeStream Lunch
11:30

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WEDNESDAY

Boot Camp 8:30am
Sarah's Class 10:00
Pingpong/Pickleball 9:30
Woodcarving 6:00 pm
LifeStream Lunch 11:30

13

THURSDAY

SilverSneakers
Classic 10:00
Pingpong/Pickleball
11:00
LifeStream Lunch
11:30

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FRIDAY

Senior Fit M
Eme's Class
Pingpong/Pi
11:00

July 17th-July 28th on the back

MONDAY
Stretch & Flex 8:30
Yoga Class 10:00
Ping/pickleball
9:30
Pickleball 9-12 pm
Cream Lunch
11:30

18
TUESDAY
SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball/Pingpong
11:00
LifeStream Lunch
11:30

19
WEDNESDAY
Boot Camp 8:30am
Sarah's Class 10:00
Ping Pong 9:30
Pickleball 9:30
Craft Club 1-2
Woodcarving 6:00 pm
LifeStream Lunch
11:30

20
THURSDAY
SilverSneakers
Classic 10:00
Pickleball/Pingpong
11:00
Card Club 1:00-3:30
LifeStream Lunch
11:30

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FRIDAY
Senior Fit M
Eme's Clas
Ping pong
Pickleball

MONDAY
Stretch & Flex 8:30
Yoga Class 10:00
Ping/Pickleball
9:30
Cream Lunch
11:30

25
TUESDAY
SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball/Pingpong
11:00
LifeStream Lunch
11:30

26
WEDNESDAY
Boot Camp 8:30
Sarah's Class 10:00
Ping Pong 9:30
Pickleball 9:30
Woodcarving 6:00 pm
LifeStream Lunch
11:30

27
THURSDAY
SilverSneakers
Classic 10:00
Pickleball/Pingpong
11:00
Board Game Club 1-3
LifeStream Lunch
11:30

28
FRIDAY
Senior Fit M
Eme's Clas
Ping pong
Pickleball