

July 2021 Programs (In Person Unless Otherwise Noted)

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|--|--|----------|
| "Outdoor Social" under the tent - Tuesdays, Wednesdays and Thursdays 12pm-1:30pm—Bring your own refreshments. | | | | 1 Yoga 8:45am Cooking with Nick (Zoom) 10:30am | 2 Muscle Tone (Zoom & in Person) 9:30am | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  | CLOSED HOLIDAY | Fit & Flex (Zoom & in Person) 10am Chair Yoga (Zoom & in Person) 11:30am | Fashion, Fun & Food! 11am-2pm | Yoga (Canceled) Cooking with Nick (Zoom) 10:30am | Muscle Tone (Zoom & in Person) 9:30am Call for Trip Today at 4:30pm | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| | Aerobics (Zoom & in Person) 9:30am Tap 12pm | Fit & Flex (Zoom & in Person) 10am Chair Yoga (Canceled) | Great Courses 10am Haircuts with Lucy 11:30am Ask the Financial Advisor (Zoom; by appointment) | Yoga 8:45am Art 10am-12pm Cooking with Nick (Zoom) 10:30am Blood Pressure Screening 12pm-1pm | Muscle Tone (Zoom & in Person) 9:30am | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | Aerobics (Zoom & in Person) 9:30am Tap 12pm | Fit & Flex (Zoom & in Person) 10am Chair Yoga (Zoom & in Person) 11:30am Staying Healthy 1pm-2pm | Senior Services Commission Meeting (Canceled) Chair Massage (by appointment) 9:45am | Yoga 8:45am Cooking with Nick (Zoom) 10:30am | Muscle Tone (Zoom & in Person) 9:30am Square Dancing 10:45am | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| | Aerobics (Zoom & in Person) 9:30am Tap 12pm | Fit & Flex (Zoom & in Person) 10am Chair Yoga (Zoom and in person) 11:30am | Veteran's Meeting 10am | Yoga 8:45am Cooking with Nick (Zoom) (Canceled) "Life is Good" Picnic in the Park 11:30am-1pm | Muscle Tone (Zoom & in Person) 9:30am Square Dancing 10:45am | |

Medicare Help Beginning August 16, 2021

If you have questions regarding Medicare coverage or need help to change your coverage, we have a Certified CHOICES Counselor available the 3rd Monday of each month beginning at 9am for 45 minute sessions. Please call the Senior Center to schedule your appointment (203 262 0651).