



# 2019

**Weekend Dance:**  
No Ballroom Dance  
due to Memorial Day  
Holiday.

Mon (8:00 - 4:30)	Tue (8:00 - 4:30)	Wed (8:00 - 4:30)	Thu (8:00 - 4:30)	Fri (8:00 - 4:30)
<p><b>Classes with an "*" have a fee to participate.</b></p>		<p><b>1</b></p> <p>10:00 Bingo 10:00 Hand &amp; Foot Card Game 1:00 Rook <b>2:00 Scrabble</b></p>	<p><b>2</b></p> <p>10:00 Pinochle 10:00 Quilting 11:00 Exercise 12:15 Yoga - Seated * 1:00 Billiards 2:00 Movie Matinee</p>	<p><b>3</b></p> <p>9:00 S.A.I.L. * 10:00 Euchre 10:00 Morning Movie 11:00 Exercise Class* 12:00 Mexican Train Dominoes 12:30 Adult Coloring <b>2:00 Chess Club</b></p>
<p><b>6</b></p> <p><b>Field Trip to MMM</b> 9:00 S.A.I.L. * 9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge * 11:00 Exercise Class * 12:15 Yoga - Seated 1:00 Rook <b>2:00 Wii Bowling</b> * 2:30 Line Dance</p>	<p><b>7</b></p> <p>10:00 Canasta 11:00 Exercise * <b>12pm Biotech Medical Testing</b> 12:00 Mexican Train Dominoes 1:00 Billiards</p>	<p><b>8</b></p> <p>10:00 Bingo 10:00 Hand &amp; Foot Card Game 1:00 Rook <b>2:00 Scrabble</b></p>	<p><b>9</b></p> <p>10:00 Pinochle 10:00 Quilting 11:00 Exercise * 12:15 Yoga - Seated * 1:00 Billiards 2:00 Movie Matinee</p>	<p><b>10</b></p> <p>9:00 S.A.I.L. * 10:00 Euchre 10:00 Morning Movie 11:00 Exercise Class* 12:00 Mexican Train Dominoes 12:30 Adult Coloring 1:00 Brain Games <b>2:00 Chess Club</b></p>
<p><b>13</b></p> <p><b>1pm Corryton Brain Games</b> 9:00 S.A.I.L. * 9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge * 11:00 Exercise Class * 12:15 Yoga - Seated 1:00 Rook <b>1:00 Lite Bite Dr Lee</b> <b>2:00 Wii Bowling</b> * 2:30 Line Dance</p>	<p><b>14</b></p> <p><b>9am to 10pm Beltone Hearing</b> 10:00 Canasta 11:00 Exercise * <b>12:00 Potluck: "Peace, Love, and Potluck"</b> 12:00 Mexican Train Dominoes 1:00 Billiards</p>	<p><b>15</b></p> <p><b>9am Veterans Services</b> <b>9am Senior Info Services</b> 10:00 Bingo 10:00 Hand &amp; Foot Card Game 1:00 Rook <b>1pm to 3pm Census Job Fair</b></p>	<p><b>16</b></p> <p><b>12to4 Safe Driving AARP Class</b> 10:00 Pinochle 10:00 Quilting 11:00 Exercise * 12:15 Yoga - Seated * 1:00 Billiards 2:00 Movie Matinee  <b>* Field Trip - JCM Tours</b></p>	<p><b>17</b></p> <p><b>9to1 Safe Driving AARP Class</b> 9:00 S.A.I.L. * 10:00 Euchre 10:00 Morning Movie 11:00 Exercise Class* 12:00 Mexican Train Dominoes 12:30 Adult Color 1:00 Brain Games <b>2:00 Chess Club</b></p>
<p><b>20</b></p> <p>9:00 S.A.I.L. * 9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge * 11:00 Exercise Class * 12:15 Yoga - Seated 1:00 Rook <b>2:00 Wii Bowling</b> * 2:30 Line Dance</p>	<p><b>21</b></p> <p><b>SR Services Walk</b> RSVP 215-5290 10:00 Canasta 11:00 Exercise * 12:00 Mexican Train Dominoes <b>12pm to 2pm CPR Class</b> 1:00 Billiards 1:00 Super Speakers: "Tips on Staying Social"</p>	<p><b>22</b></p> <p>10:00 Bingo 10:00 Hand &amp; Foot 1:00 Rook <b>2:00 Scrabble</b></p>	<p><b>23</b></p> <p>10:00 Pinochle 10:00 Quilting 11:00 Exercise * 12:15 Yoga - Seated * 1:00 Billiards 2:00 Movie Matinee</p>	<p><b>24</b></p> <p>9:00 S.A.I.L. * 10:00 Euchre 10:00 Morning Movie 11:00 Exercise Class* 12:00 Mexican Train Dominoes 12:30 Adult Coloring 1:00 Brain Games <b>2:00 Chess Club</b></p>
<p><b>27</b></p> <p><b>Closed For Memorial Day</b></p> 	<p><b>28</b></p> <p>10:00 Canasta 11:00 Exercise * <b>12:00 Super Speakers: Clear Captions Ice Cream Social</b> 12:00 Mexican Train Dominoes 1:00 Billiards</p>	<p><b>29</b></p> <p>10:00 Bingo 10:00 Hand &amp; Foot Card Game 1:00 Rook <b>2:00 Scrabble</b></p>	<p><b>30</b></p> <p>10:00 Pinochle 10:00 Quilting 11:00 Exercise 12:15 Yoga - Seated * 1:00 Billiards <b>1:00 Super Speakers: Long Term Care</b> 2:00 Movie Matinee</p>	<p><b>31</b></p> <p><b>Field Trip to Brushy Mountain</b> 9:00 S.A.I.L. * 10:00 Euchre 10:00 Morning Movie 11:00 Exercise Class* 12:00 Mexican Train Dominoes 12:30 Adult Coloring 1:00 Brain Games <b>2:00 Chess Club</b></p>



# 2019

**Weekend Dance:**  
 Saturday, June 22nd  
 Ballroom Dance from 7pm to 9pm.  
 Live music provided.  
 Admission \$6

Mon (8:00 - 4:30)

Tue (8:00 - 4:30)

Wed (8:00 - 4:30)

Thu (8:00 - 4:30)

Fri (8:00 - 4:30)

Classes with an "\*" have a fee to participate.



Tai Chi starts on Thursday, June 5th! All Tai Chi classes are FREE!  
 1:00pm - Tai Chi Walking Class - Combines casual indoor walking and movements to improve balance, energy, and relieve stress.  
 1:30pm - Tai Chi Seated - Gentle tai chi motions while seated.  
 2:30pm - Tai Chi Saber - Using a light saber to improve strength and balance.

<p><b>3</b> <i>Field Trip to MMM</i>                  9:00 S.A.I.L. *                  9:00 Scrapbooking                  10:00 Pinochle                  10:00 Bridge                  * 11:00 Exercise Class                  * 12:15 Yoga - Seated                  1:00 Rook  <b>2:00 Wii Bowling</b>                  * 2:30 Line Dance</p>	<p><b>4</b>                  10:00 Canasta                  11:00 Exercise *                  12:00 Mexican Train                  Dominoes  <b>12:00 Super Speakers</b>                  Amerigroup                  1:00 Billiards</p>	<p><b>5</b>                  10:00 Bingo                  10:00 Hand &amp; Foot                  Card Game                  1:00 Rook  <b>2:00 Scrabble</b></p>	<p><b>6</b>                  10:00 Pinochle                  10:00 Quilting                  11:00 Exercise *                  12:15 Yoga - Seated *  <b>1:00 Tai Chi Walking</b>  <b>1:30 Tai Chi Seated</b>                  1:00 Billiards                  2:00 Movie Matinee                  2:00 Tai Chi Saber</p>	<p><b>7</b>                  9:00 S.A.I.L. *                  10:00 Euchre                  10:00 Morning Movie                  11:00 Exercise Class*                  12:00 Mexican Train                  Dominoes                  12:30 Adult Color                  1:00 Brain Games  <b>2:00 Chess Club</b></p>
<p><b>10</b>                  9:00 S.A.I.L. *                  9:00 Scrapbooking                  10:00 Pinochle                  10:00 Bridge                  * 11:00 Exercise Class                  * 12:15 Yoga - Seated                  1:00 Rook  <b>1:00 Lite Bite Dr Lee</b>  <b>2:00 Wii Bowling</b>                  * 2:30 Line Dance</p>	<p><b>11</b> <i>9:00am to 10:00am                  Beltone Hearing</i>                  10:00 Canasta                  11:00 Exercise *  <b>12:00 Potluck:                  Let's Flamingle!</b>                  12:00 Mexican Train                  Dominoes                  1:00 Billiards</p>	<p><b>12</b> <i>9am Senior Info                  Services</i>                  10:00 Bingo                  10:00 Hand &amp; Foot                  Card Game                  1:00 Rook  <b>2:00 Scrabble</b></p>	<p><b>13</b>                  10:00 Pinochle                  10:00 Quilting                  11:00 Exercise *                  12:15 Yoga - Seated *  <b>1:00 Super Speakers:                  Estate Planning</b>  <b>1:00 Tai Chi Walking</b>  <b>1:30 Tai Chi Seated</b>                  1:00 Billiards                  2:00 Movie Matinee                  2:00 Tai Chi Saber</p>	<p><b>14</b>                  9:00 S.A.I.L. *                  10:00 Euchre                  10:00 Morning Movie                  11:00 Exercise Class*                  12:00 Mexican Train                  Dominoes                  12:30 Adult Color                  1:00 Brain Games  <b>2:00 Chess Club</b></p>
<p><b>17</b>                  9:00 S.A.I.L. *                  9:00 Scrapbooking                  10:00 Pinochle                  10:00 Bridge                  * 11:00 Exercise Class                  * 12:15 Yoga - Seated                  1:00 Rook  <b>1:30 Craft Class</b>  <b>2:00 Wii Bowling</b>                  * 2:30 Line Dance</p>	<p><b>18</b> <i>SR Services Walk                  RSVP 215-5290</i>                  10:00 Canasta                  11:00 Exercise *                  12:00 Mexican Train                  Dominoes                  1:00 Billiards</p>	<p><b>19</b>                  10:00 Bingo                  10:00 Hand &amp; Foot                  Card Game                  1:00 Rook  <b>2:00 Scrabble</b></p>	<p><b>20</b> <i>1pm Karns                  Brain Games</i>                  10:00 Pinochle                  10:00 Quilting                  11:00 Exercise *                  12:15 Yoga - Seated *  <b>1:00 Tai Chi Walking</b>  <b>1:30 Tai Chi Seated</b>                  1:00 Billiards                  2:00 Movie Matinee                  2:00 Tai Chi Saber</p>	<p><b>21</b>                  9:00 S.A.I.L. *                  10:00 Euchre                  10:00 Morning Movie                  11:00 Exercise Class*                  12:00 Mexican Train                  Dominoes                  12:30 Adult Color                  1:00 Brain Games  <b>2:00 Chess Club</b></p>
<p><b>24</b>                  9:00 S.A.I.L. *                  9:00 Scrapbooking                  10:00 Pinochle                  10:00 Bridge                  * 11:00 Exercise Class                  * 12:15 Yoga - Seated                  1:00 Rook  <b>1:00 Essential Oil Class</b>  <b>2:00 Wii Bowling</b>                  * 2:30 Line Dance</p>	<p><b>25</b>                  10:00 Canasta                  11:00 Exercise *                  12:00 Mexican Train                  Dominoes  <b>12:00 Name that Tune</b>                  1:00 Billiards</p>	<p><b>26</b>                  10:00 Bingo                  10:00 Hand &amp; Foot                  Card Game                  1:00 Rook  <b>2:00 Scrabble</b></p>	<p><b>27</b>                  10:00 Pinochle                  10:00 Quilting                  11:00 Exercise *                  12:15 Yoga - Seated *  <b>1:00 Aromatherapy Talk</b>  <b>1:00 Tai Chi Walking</b>  <b>1:00 Tai Chi Seated</b>                  1:00 Billiards                  2:00 Movie Matinee                  2:00 Tai Chi Saber</p>	<p><b>28</b>                  9:00 S.A.I.L. *                  10:00 Euchre                  10:00 Morning Movie                  11:00 Exercise Class*                  12:00 Mexican Train                  Dominoes                  12:30 Adult Color                  1:00 Brain Games  <b>2:00 Chess Club</b></p>