
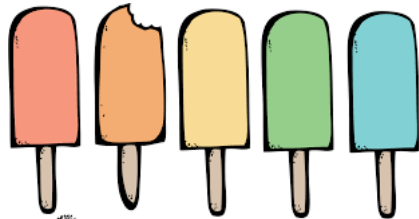




Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:00 Enhance Fitness 9:15 Watercolor Class 9:30 SHINE Coordinator 10:30 Blood Pressure 12:00 Van Trip 12:00 Swim Program 12:30 Bridge 1:00 Mah Jongg
4 9:00 Enhance Fitness 9:30 SHINE Counselor 10:30 Ping Pong 10:30 Line Dancing 1:00 Rummikube 1:30 Gentle Bend Exercise 3:30 Pickleball	5 9:00 Aerobics / Chess 10:00 SIGN UP FOR LUNCHESES & TRIPS 10:30 Tai Chi—at 43 Market St. 1:00 Cribbage -Mah Jongg - Rummy 1:00 Knitting	6 9:00 Enhanced Fitness 9:30 Scrabble 10:00 Spanish 10:00 Quilting Group 10:30 Ping Pong 11:00 Swim Program 12:30 Bridge 12:45 Paint Day	7 9:00 Aerobics & Chess 9:46 Golf League 10:00 Dominoes / Pickleball 10:30 Seated yoga 10:30 Tai Chi –at 43 Market St. 1:30 Painting Class 4:00 Basketball	8 9:00 Podiatry 9:00 Enhance Fitness 9:15 Watercolor Painting 9:30 SHINE Coordinator 10:30 Blood Pressure 12:00 Van Trip 12:30 Bridge 1:00 Mah Jongg
11 9:00 Enhance Fitness 10:30 Ping Pong 10:30 Line Dancing 1:00 Rummikube 1:30 Gentle Bend Exercise 3:30 Pickleball	12 9:00 Aerobics / Polarity 9:00 Chess 10:30 Tai Chi –at 43 Market St. 12:00 Ithaki Luncheon at Senior Center 1:00 Cribbage / Mah Jong / 500 Gin Rummy 1:00 Knitting 1:00 Beginners Drawing Class begins 1:30 "Just Friends" Group	13 8:30 Breakfast & Bingo 9:00 Enhance Fitness / Computer Class 9:30 Scrabble 10:00 Quilting Group / Spanish (last class) 10:00 Caroline Ave. Wellness Clinic 10:30 Ping Pong 11:00 Swim Program 12:30 Bridge 1:30 Common Sense Self Defense	14 9:00 Aerobics & Chess 9:00 Computer Class / Men's Group 9:46 Golf Leagues 10:00 Dominoes / Chess / Pickleball 10:00 Elder Abuse Awareness Day 10:30 Seated Yoga / Tai Chi 11:00 Constituents' Inquiries: Dick Curran 12:00 SeniorCare Lunch / Low Vision Group 1:00 Intermediate Drawing Begins 1:00 Painting Class 4:00 Basketball	15 9:00 Enhance Fitness / Reiki 9:15 Watercolor Painting 9:30 SHINE Coordinator 10:00 Mobile Market 10:00 AARP Safe Driving 10:30 Blood Pressure 12:00 Van Trip - Swim Program 12:30 Bridge 1:00 Mah Jongg
18 9:00 Enhance Fitness 10:30 Ping Pong - Line Dancing 1:00 Rummikube 1:30 Gentle Bend Exercise 3:30 Pickleball	19 9:00 Aerobics / Chess 10:30 Tai Chi—at 43 Market St. 11:00 Bending & Lifting Techniques 12:00 Traveling Chef Lunch 12:45 Arthritis Exercise 1:00 Cribbage / Mah Jongg / Gin Rummy/knitting 1:00 Beginners Drawing Class	20 DAY TRIP TO NEWPORT 9:00 Enhance Fitness / Computer Class 9:30 Scrabble 10:00 Quilting 10:30 Ping Pong 11:00 Swim Program 12:30 Bridge	21 9:00 Aerobics / Chess / Computer 9:30 King Of the Road Trip 9:46 Golf League 10:00 Dominoes / Chess / Pickleball 10:30 Seated Yoga / Tai Chi 11:00 Constituents' Inquiries w/ Dick Curran 1:00 Intermediate Drawing Class 1:00 ETSY Presentation 1:30 Painting Class 4:00 Basketball	22 9:00 Enhance Fitness Last Class 9:15 Watercolor Painting 9:30 SHINE Coordinator 10:30 Blood Pressure 12:00 Van Trip / Swim Program 12:30 Bridge 1:00 Mah Jongg
25 10:30 Ping Pong 10:30 Line Dancing 1:00 Rummikube 1:00 Attorney Time 1:30 Gentle bend 3:30 Pickleball	26 9:00 Aerobics / Polarity 9:00 Chess 9:45 King Of The Road Trip 10:30 Tai Chi at 43 Market St. 1:00 Cribbage/ Mah Jongg / Knitting / Rummy 1:00 Beginners Drawing Class	27 8:30 Breakfast & Bingo 9:30 Scrabble 10:00 Quilting 10:30 Ping Pong 11:00 Swim Program 12:30 Bridge	28 9:00 Aerobics / Chess 9:46 Golf League 10:00 Dominoes / Pickleball 10:30 Hearing & Brain Fitness 10:30 Seated Yoga / Tai Chi 1:00 Intermediate Drawing Class 1:30 Painting Class - Last Class 4:00 Basketball	29 9:15 Watercolor Class 9:30 SHINE Coordinator 10:30 Blood Pressure 12:00 Van Trip 12:00 Swim Program 12:30 Bridge 1:00 Mah Jongg