



July 2020 Virtual Programs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			9 am – Balance & Coordinate	Where are We? 9 am - Stretch & Strength 10:30 am – MAC Group 2 pm - Spanish	Holiday	
5	6	7	8	9	10	11
	Mayor Barnett YouTube 9 am – Cardio & Core 6 pm – Meditation	Stay Creative 11 am – Computer Club		Where are We? 7 pm - Ask the Doc		
12	13	14	15	16	17	18
	1 pm - Excel 6 pm – Meditation	Stay Creative 11 am – Computer Club	9 am – Balance & Coordinate 1 pm – Rewired Not Retired	Where are We? 9 am - Stretch & Strength 10:30 am – MAC Group 1 pm – Brain Neurobics 2 pm - German		
19	20	21	22	23	24	25
	9 am – Cardio & Core 6 pm – Meditation	Stay Creative 9 am - Stretch & Strength 11 am – Computer Club	9 am – Balance & Coordinate 1 pm – Managing Grief 5 pm – Ask the Doc	Where are We? 9 am - Stretch & Strength	10 am - Movie Critic Meetup	
26	27	28	29	30	31	
	9 am – Cardio & Core 6 pm – Meditation	Stay Creative 9 am - Stretch & Strength 11 am – Computer Club 1 pm -Book Club	9am – Balance & Coordinate 1pm - Bingo	Where are We? 9 am - Stretch & Strength 2 pm - Italian		

Information and links to register for these programs are available on the Homepage under Featured Virtual Programs
Please register in advance!