



# July 2020 Outdoor Programs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: center;"><b>Registration is <u>required</u> through <i>MyActiveCenter</i> (preferred) or by calling 248.608.0251 on Tuesday or Thursday 9 am – 2 pm Don't wait to register - Limited capacity</b></p>			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
			10 am – Gardening Group 3 pm - Ukulele	10 am – Explore Artist 2 pm – Drum Circle	<b>Holiday</b>	
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
	7 am – Rise & Shine 1 pm – Line Dance 4 pm – Strengthen Bones	7 am – Sunrise Yoga 8:30 am – Muscular Endur. 10 am - Plein Air Drawing 10 am – Guitar Group 4 pm – Beginning Tai Chi	7 am – Rise & Shine 8:30 am – Stretch & Balance 10 am – Gardening Group 3 pm - Ukulele	8:30 am – Muscular Endur. 10 am – Explore Artist	7 am – Rise & Shine 10 am – Beginning Tai Chi 1 pm – Financial Friday	
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
	7 am – Rise & Shine 1 pm – Line Dance 4 pm – Strengthen Bones	7 am – Sunrise Yoga 8:30 am – Muscular Endur. 10 am - Plein Air Drawing 10 am – Guitar Group 4 pm – Beginning Tai Chi	7 am – Rise & Shine 8:30 am – Stretch & Balance 10 am – Gardening Group 10 am – Savvy Seniors 3 pm - Ukulele	8:30 am – Muscular Endur. 10 am – Explore Artist 2 pm – Drum Circle	7 am – Rise & Shine 10 am – Beginning Tai Chi 10 am – Caring Group	
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	7 am – Rise & Shine 1 pm – Line Dance 4 pm – Strengthen Bones	7 am – Sunrise Yoga 8:30 am – Muscular Endur. 10 am - Plein Air Drawing 10 am – Guitar Group 4 pm – Beginning Tai Chi	7 am – Rise & Shine 8:30 am – Stretch & Balance 10 am – Gardening Group 3 pm - Ukulele	8:30 am – Muscular Endur. 10 am – Explore Artist 1 pm - Women's Luncheon	7 am – Rise & Shine 10 am – Beginning Tai Chi 10 am – Visually Impaired	
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
	7 am – Rise & Shine 1 pm – Line Dance 2 pm – Focus on the Issues 4 pm – Strengthen Bones	7 am – Sunrise Yoga 8:30 am – Muscular Endur. 10 am - Plein Air Drawing 10 am – Guitar Group 4 pm – Beginning Tai Chi	7 am – Rise & Shine 8:30 am – Stretch & Balance 10 am – Gardening Group 10 am – Veterans Connect 3 pm - Ukulele	8:30 am – Muscular Endur. 10 am – Explore Artist	7 am – Rise & Shine 10 am – Beginning Tai Chi	