



GOSHEN SENIOR CENTER – JULY 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| 7/2 Aerobics: 9 – 10 Hooks & Needles: 10 – 12 Yoga 10:30 – 11:30 Yoga: 1-2 Mah Jongg: 2-4 | 7/3 Happy Hips & Fab Abs for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:30 – 2:30 | 7/4 <p style="text-align: center;">CLOSED FOR INDEPENDENCE DAY</p>  | 7/5 Yoga: 9:30 -10:15 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 - 3 | 7/6 Yoga: 9:45 -10:45 Osteo exercise: 11 - 12 Poker: 12 – 3 Adult coloring: 1 - 3 |
| 7/9 Aerobics: 9 – 10 Hooks & Needles: 10 – 12 Yoga 10:30 – 11:30 Senior Club Meeting: 1 Mah Jongg: 2-4 | 7/10 Happy Hips & Fab Abs for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:30 – 2:30 | 7/11 Move to be Fit: 9:45-10:45 Computer Q&A: 10 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3 | 7/12 Yoga: 9:30 -10:15 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 - 3 | 7/13 Yoga: 9:45 -10:45 Osteo exercise: 11 - 12 Poker: 12 – 3 |
| 7/16 Aerobics: 9 – 10 Hooks & Needles: 10 – 12 Yoga 10:30 – 11:30 Yoga: 1-2 Mah Jongg: 2-4 | 7/17 Happy Hips & Fab Abs for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:30 – 2:30 | 7/18 Move to be Fit: 9:45-10:45 Computer Q&A: 10 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3 | 7/19 Yoga: 9:30 -10:15 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 – 3 | 7/20 Yoga: 9:45 -10:45 Osteo exercise: 11 - 12 Poker: 12 – 3 Adult coloring: 1 – 3 |
| 7/23 Aerobics: 9 – 10 Hooks & Needles: 10 – 12 Yoga 10:30 – 11:30 Senior Club meeting 1 Mah Jongg: 2-4 | 7/24 Happy Hips & Fab Abs for Women: 10-10:45 Osteo exercise: 11 –12 Lunchtime yoga: 12:15-1:15 Beginners Line Dancing 1:30 – 2:30 | 7/25 Move to be Fit: 9:45-10:45 Computer Q&A: 10 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3 | 7/26 Yoga: 9:30 -10:15 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 – 3 | 7/27 Yoga: 9:45- 10:45 Osteo exercise: 11 – 12 Women’s book discussion: 11 - 1 Poker: 12 – 3 Senior Summer Luau 4pm – 6pm  |
| 7/30 Aerobics: 9 – 10 Hooks & Needles: 10 – 12 Yoga: 1-2 Mah Jongg: 2-4 | 7/31 Happy Hips & Fab Abs for Women: 10-10:45 Osteo exercise: 11 –12 Lunchtime yoga: 12:15-1:15 Beginners Line Dancing 1:30 – 2:30 | | | |