

# GOSHEN SENIOR CENTER – JUNE 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				6/1 Yoga: 9:45 -10:45 Osteo exercise: 11 - 12 Poker: 12 – 3 Adult coloring: 1 - 3
6/4 Aerobics: 9 – 10 Hooks & Needles: 10 – 12 Yoga 10:30 – 11:30 Yoga: 1-2 Mah Jongg: 2-4	6/5 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	6/6 Move to be Fit: 9:45-10:45 Computer Q&A: 10 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3	6/7 Yoga: 9:30 -10:15 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 - 3	6/8 Yoga: 9:45 -10:45 Osteo exercise: 11 - 12 Poker: 12 – 3
6/11 <b>*All Fitness Activities Cancelled because of Barbeque Luncheon</b> Hooks & Needles: 10 – 12 <b>Senior Club barbeque 12 noon</b> <b>Senior Club Meeting: 1</b> Mah Jongg: 2-4	6/12 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	6/13 Move to be Fit: 9:45-10:45 Computer Q&A: 10 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3	6/14 Yoga: 9:30 -10:15 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 – 3	6/15 Yoga: 9:45 -10:45 Osteo exercise: 11 - 12 Poker: 12 – 3 Adult coloring: 1 – 3
6/18 Aerobics: 9 – 10 Hooks & Needles: 10 – 12 Yoga 10:30 – 11:30 Yoga: 1-2 Mah Jongg: 2-4	6/19 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	6/20 Move to be Fit: 9:45-10:45 Computer Q&A: 10 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3	6/21 Yoga: 9:30 -10:15 <b>Senior Commission 10</b> Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 – 3	6/22 Yoga: 9:45- 10:45 Osteo exercise: 11 – 12 <b>Women’s book discussion: 11 - 1</b> Poker: 12 – 3
6/25 Aerobics: 9 – 10 Hooks & Needles: 10 – 12 <b>**Yoga 10:00 – 11:00</b> <b>Senior Club meeting 1</b> Mah Jongg: 2-4	6/26 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	6/27 Move to be Fit: 9:45-10:45 Computer Q&A: 10 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3	6/28 Yoga: 9:30 -10:15 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 – 3 <b>Make &amp; Take Crafts: 12:30-2</b>	6/29 Yoga: 9:45 -10:45 Osteo exercise: 11 - 12 Poker: 12 – 3

**\*All Fitness Classes cancelled on Monday June 11<sup>th</sup> because of the Senior Club Barbeque**

**\*\* Please note time change for Yoga on Monday June 25<sup>th</sup> because of the Senior Club Luncheon being served.**