

| SUN | MON | TUE | WED | THUR | FRI | SAT |
|--|---|--|--|--|--|---------------------------|
| 9:30 St. Martins service (Chapel) 11:00 Live Streaming from St. John the Divine. (CC) 2:00 Come play Mah Jongg (Hallmark -305) | 9:00 Chair Aerobics (CC) 3:00 Tai Chi with Greg (Fitness Center) 4:00 "This is Your Life" Writing Group (TR) 7:00 Monday Night Movie (CC) | 9:15 Water Aerobics with Nino (pool) 2:00 Balance Class with John (CC) 4:00 801 Singers (Hallmark 801) | 9:00 Chair Aerobics (CC) | 9:15 Water Aerobics with Nino (pool) 1:30 Heart Full of Yoga (Fitness Center) 3:00 Mindfulness (CC) | 9:00 Chair Aerobics (CC) 10:30 Line Dancing! (Fitness Center) 2:00 Balance Class with John (CC) 4:30 music by Maurice Daugherty (LG) | 5:30 Casual Saturday (DR) |
| 9:30 St. Martins service (Chapel) 11:00 Live Streaming from St. John the Divine. (CC) 2:00 Come play Mah Jongg (Hallmark -305) | 9:00 Chair Aerobics (CC) 3:00 Tai Chi with Greg (Fitness Center) 7:00 Monday Night Movie (CC) | 9:15 Water Aerobics with Nino (pool) 2:00 Balance Class with John (CC) 4:00 801 Singers (Hallmark 801) | 9:00 Chair Aerobics (CC) 3:00 Ballroom Dancing (CC) 4:30 Happy Birthday Happy Hour (LG) | 9:15 Water Aerobics with Nino (pool) 1:30 Heart Full of Yoga (Fitness Center) 3:00 Mindfulness (CC) | 9:00 Chair Aerobics (CC) 10:00 Bisel Hearing Aids (LB) 10:30 Line Dancing! (Fitness Center) 2:00 Balance Class with John (CC) | 5:30 Casual Saturday (DR) |
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July 2018

The Hallmark