


# Twin Pines Senior & Community Center

# July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 9:00 Bread Program 9:40 Video Exercise 10:00 Italian Chat 10:00 Spanish Chat <b>1:00 Book Club</b> 1:00 Beat Arthritis (R) 2:00 French Chat	<b>3</b> 9:30 Walking Group 10:30 Chinese Mahjong 11:30 Lunch Program (S) 12:30 Classic Movie 12:30 Crafts Group 1:00 Sewing & Quilting Group	<b>4</b> <p style="text-align: center;"><b>Center is Closed for Independence Day</b></p> 	<b>5</b> 9:30 Walking Group 9:30 Canasta 9:30 Rosen Method Movement (S) <b>10:00 Color Me Calm</b> 11:00 Beat Arthritis (R) 11:30 Lunch Program (S) 12:15 Wii Bowling 12:30 Variety Movie 12:30 Bridge	<b>6</b> 9:30 Chair Yoga with Katherine! 10:00 Mindful Meditation 11:00 Mandarin Class 12:00 BINGO 1:00 Chinese Mahjong
<b>9</b> 9:00 Bread Program 9:40 Video Exercise <b>10:00 Ukulele Sing Along</b> 10:00 Italian Chat 10:00 Spanish Chat 1:00 Beat Arthritis (R) 2:00 French Chat	<b>10</b> 9:30 Walking Group 10:30 Chinese Mahjong 11:30 Lunch Program (S) 12:30 Foreign Film 12:30 Crafts Group <b>12:30 Pedro card game</b> 1:00 Sewing & Quilting Group	<b>11</b> 8:45 Strength Training 9:00 Bread Program 9:40 Video Aerobics 10:00 Spanish Class 10:15 Yoga For All (R) 11:30 German Conversation 11:30 Lunch Program (S) 12:30 New Movie	<b>12</b> 9:30 Walking Group 9:30 Canasta 9:30 Rosen Method Movement (S) 11:00 Beat Arthritis (R) <b>11:30 July Birthday Lunch (S)</b> 12:15 Wii Bowling 12:30 Variety Movie 12:30 Bridge	<b>13</b> 9:30 Chair Yoga with Katherine! 10:00 Mindful Meditation 11:00 Mandarin Class 1:00 Chinese Mahjong <b>1:00 Red, White &amp; Blue Dance</b>
<b>16</b> 9:00 Bread Program 9:40 Video Exercise 10:00 Italian Chat 10:00 Spanish Chat 11:00 Beginners Tai Chi (R) 12:30 Intermediate Tai Chi (R) 1:00 Beat Arthritis (R) 2:00 French Chat	<b>17</b> <b>8:30 Blood Pressure Clinic</b> 9:30 Walking Group <b>10:00 Senior Club Meeting</b> 10:30 Chinese Mahjong 11:30 Lunch Program (S) 12:30 Classic Movie 12:30 Crafts Group 1:00 Sewing & Quilting Group	<b>18</b> 8:45 Strength Training 9:00 Bread Program 9:40 Video Aerobics 10:00 Spanish Class 10:15 Yoga For All (R) 11:30 German Conversation 11:30 Lunch Program (S) 12:30 New Movie	<b>19</b> 9:30 Walking Group 9:30 Canasta 9:30 Rosen Method Movement (S) <b>10:00 Color Me Calm</b> 11:00 Beat Arthritis (R) 11:30 Lunch Program (S) 12:15 Wii Bowling 12:30 Bridge 12:30 Variety Movie	<b>20</b> 9:30 Chair Yoga with Katherine! 10:00 Mindful Meditation 11:00 Mandarin Class 12:00 BINGO 1:00 Chinese Mahjong
<b>23</b> 9:00 Bread Program 9:40 Video Exercise <b>10:00 Opinion Exchange w/Jim Dunbar</b> <b>10:00 Stamp Collectors</b> 10:00 Spanish Chat 11:00 Beginners Tai Chi (R) 12:30 Intermediate Tai Chi (R) 1:00 Beat Arthritis (R) 2:00 French Chat	<b>24</b> 9:30 Walking Group 10:30 Chinese Mahjong 11:30 Lunch Program (S) 12:30 Foreign Film 12:30 Crafts Group <b>12:30 Pedro card game</b> 1:00 Sewing & Quilting Group	<b>25</b> 8:45 Strength Training 9:00 Bread Program 9:40 Video Aerobics 10:00 Spanish Class 10:15 Yoga For All (R) 11:30 German Conversation 11:30 Lunch Program (S) 12:30 New Movie	<b>26</b> 9:30 Walking Group 9:30 Canasta 9:30 Rosen Method Movement (S) 11:00 Beat Arthritis (R) 11:30 Lunch Program (S) 12:15 Wii Bowling 12:30 Variety Movie 12:30 Bridge	<b>27</b> 9:30 Chair Yoga with Katherine! 10:00 Mindful Meditation 11:00 Mandarin Class <b>11:00 Table Tennis</b> 1:00 Chinese Mahjong
<b>30</b> 9:00 Bread Program 9:40 Video Exercise 10:00 Italian Chat 10:00 Spanish Chat 11:00 Beginners Tai Chi (R) 12:30 Intermediate Tai Chi (R) 1:00 Beat Arthritis (R) 2:00 French Chat	<b>31</b> 9:30 Walking Group 10:30 Chinese Mahjong 11:30 Lunch Program (S) 12:30 Classic Movie 12:30 Crafts Group 1:00 Sewing & Quilting Group	<p><b>(S) = Activity requires Signing Up</b>  <b>(R) = Activity requires Registration at Parks &amp; Rec office</b>  <b>(blank) = Activity is drop-in</b></p> <p style="text-align: right;"><b>Activities are subject to change. Please call 595-7444 to confirm.</b></p>		