


Sunday	Monday		Wednesday	Thursday	Friday	Saturday
						Weight Watchers 1. 8:30am Weigh In 9am Meeting Exercise Room - 8-11am
2. Fairport Mardi Gras July 1-4 (July 3 - Senior Day)	**OFFICE CLOSED** 3. Tai-Chi/W.Colors 9am Arthritis Exer. 10:30am NO Lunch 11am NO Bingo/NO Movie Noon NO Card Bingo 3pm NO Stretching 4-5pm NO(New) Sewing 5:30-7:30p NO Zumba 5:45pm Mardi Gras Sr. Day 1-5pm	4.  Office & Center Closed	Coffee w/Cops 9am 5. C.Pencil 10am Arthritis Exer. 10:30am Card Games Noon Bridge/Pinochle 12:30pm Coloring 1pm Beg. Line Dance 4pm Zumba Mixed 5:45pm E.. Bingo/Quilting 6pm	6. Zumba/Kick Fit 9am Handcrafts 9:30am Line Dance 10am Lunch 11am POUND FIT 11:15AM Bingo Noon Country Music 6pm	7. Chair Massage 9-11:15am Hand & Foot 10am Bunco 10am Arthritis Exer. 10:30am Weights/Bands Noon Mah Jongg 1pm	8. Weight Watchers 8:30am Weigh In 9am Meeting Exercise Room 8-11am
9. No Board Meetings until September	Tai-Chi/W.Colors 9am 10. Arthritis Exer. 10:30am Lunch 11am Bingo/Movie Noon Fleece Class Noon Card Bingo 3pm Stretching 4-5pm (New) Sewing 5:30-7:30p Coin Club 7pm	Zumba 9am 11. Yoga /BP Ck. 10am Hand & Foot 10am Weights/Bands Noon Quilting/Knitting 1pm Mah Jongg 1pm Line Dancing 1:15pm (New) Pound Fit 2:30pm Bob's Big Boy 5pm	Lolly the Trolley 8:30am 12. Podiatrist 9am C.Pencil/C.of Aging 10am Arthritis Exer. 10:30am Card Games Noon Bridge/Pinochle 12:30pm Coloring 1pm Beg. Line Dance 4pm Zumba Mixed 5:45pm E.Bingo/Quilting 6pm	Zumba/Kick Fit 9am 13. Handcrafts 9:30am Line Dance 10am Lunch 11am POUND FIT 11:15AM Wine Outing 11:45am Bingo Noon Scrapbooking Noon Country Music 6pm	14. Chair Massage 9-11:15am Hand & Foot 10am L.Health Hlt Fair 10am-Noon Arthritis Exer. 10:30am Weights/Bands Noon Mah Jongg 1pm	15. Weight Watchers 8:30am Weigh In 9am Meeting Exercise Room 8-11am
16. "Pancakes in the Park" (7/19) @ 9am at Fairport Beach	Tai-Chi/W.Colors 9am 17. Arthritis Exer. 10:30am Lunch 11am Layton 11:30am Bingo/NO Movie Noon Card Making Noon Card Bingo 3pm Stretching 4-5pm (New) Sewing 5:30-7:30p Zumba 5:45pm	Zumba 9am 18. Yoga/BP Check 10am Hand & Foot 10am Weight/Bands Noon Quilting/Knitting 1pm Mah Jongg 1pm Line Dancing 1:15pm (New) Pound Fit 2:30pm Council Mtg. 6:30pm	Hard Rocksino 9am 19. Colored Pencil 10am Arthritis .Exer. 10:30am Card Games Noon Bridge/Pinochle 12:30pm Coloring 1pm Beg. Line Dance 4pm Parkinson's 4:30pm Zumba Mixed 5:45pm E. Bingo/Quilting 6pm	Attorney 8:30am 20. Zumba/Kick Fit 9am Handcrafts 9:30am Line Dance 10am Lunch 11am POUND FIT 11:15AM Bingo Noon Edward Jones Noon Country Music 6pm	21. Chair Massage 9-11:15am Hand & Foot 10am Bunco 10am Arthritis Exer. 10:30am Weights/Bands Noon Mah Jongg 1pm	22. Weight Watchers 8:30am Weigh In 9am Meeting Exercise Room 8-11am
23. Lake County Fair July 25-30	Tai-Chi/W.Colors 9am 24. Arthritis Exer. 10:30am Lunch 11am Bingo/Movie Noon Card Bingo 3pm Stretching 4-5pm (New) Sewing 5:30-7:30p Zumba 5:45pm	Zumba 9am 25. Yoga /BP Check 10am Hand & Foot 10am Weight/Bands Noon Quilting/Knitting 1pm M.Jongg/Cooking w/Jim 1pm Line Dancing 1:15pm (New) Pound Fit 2:30pm	Colored Pencil 10am 26. Arth Exer/PODI 10:30am Card Games Noon Bridge/Pinochle 12:30pm Coloring 1pm Beg. Line Dance 4pm Zumba Mixed 5:45pm E. Bingo/Quilting 6pm	Mani's/Pedi's 8am 27. Zumba/Kick Fit 9am Handcrafts 9:30am Line Dance 10am Lunch 11am POUND FIT 11:15AM Bingo Noon Cards w/Kindred 1pm Country Music 6pm	C. Massage 9-11:15am 28. Hand & Foot 10am Arthritis Exer. 10:30am Red Hatters Noon Weights/Bands Noon M.Jongg/Cards 1pm	29. Weight Watchers 8:30am Weigh In 9am Meeting Exercise Room 8-11am
30.	Tai-Chi/W.Colors 9am 31. Arthritis Exer. 10:30am Lunch 11am Bingo/Movie Noon Card Bingo 3pm Stretching 4-5pm (New) Sewing 5:30-7:30p Zumba 5:45pm	POUND FIT IS ON TUESDAY AT 2:30PM AND Thursday AT 11:15AM COST OF CLASS \$2.00	↑ 7/26 Put-In-Bay Leave Ctr. @ 7:30am	JULY 12TH, 19TH, & 26TH AT NOON COMPUTERS & TECHNOLOGY	Please support the LakeHealth/H Choice Health Fair on July 14 @ 10am - Noon	