

# GOSHEN SENIOR CENTER – JUNE 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			6/1 <b>*NEW-Seated Stretch &amp; Release for seniors: 10:15</b> Aerobics: 11-12 Poker: 12 - 3	6/2 Yoga: 9:45 -10:45 Osteo exercise: 11 - 12 Poker: 12 – 3 Adult coloring: 1 - 3
6/5 Aerobics: 9 - 10 Hooks & Needles: 10 - 12	6/6 <b>*NEW- Belly Dance for Women: 10-10:45</b> Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:15 – 2:15	6/7 Move to be Fit: 9:45-10:45 <b>Computer Q&amp;A: 10 - 11</b> Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3	6/8 <b>*NEW-Seated Stretch &amp; Release for seniors: 10:15</b> Aerobics: 11-12 Poker: 12 - 3	6/9 Yoga: 9:45 -10:45 Osteo exercise: 11 - 12 Poker: 12 – 3 Friday Quilters: 12:15 – 3:30
6/12 Aerobics: 9 - 10 Hooks & Needles: 10 - 12 Senior Club meeting: 1	6/13 <b>*NEW- Belly Dance for Women: 10-10:45</b> Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:15 – 2:15	6/14 Move to be Fit: 9:45-10:45 <b>Computer Q&amp;A: 10 - 11</b> Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3	6/15 <b>*NEW-Seated Stretch &amp; Release for seniors: 10:15</b> Aerobics: 11-12 Poker: 12 - 3	6/16 Yoga: 9:45 -10:45 Osteo exercise: 11 -12 Poker: 12 – 3 Poker: 12 – 3 Adult coloring: 1 - 3
6/19 Aerobics: 9 - 10 Hooks & Needles: 10 - 12	6/20 <b>*NEW – Belly Dance for Women: 10-10:45</b> Osteo exercise: 11 – 12 Lunchtime yoga: 12:15-1:15 Beginners Line Dancing 1:15 – 2:15	6/21 Move to be Fit: 9:45-10:45 <b>Computer Q&amp;A: 10 - 11</b> Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3	6/22 Senior Commission: 10 <b>*NEW-Seated Stretch &amp; Release for seniors: 10:15</b> Aerobics: 11-12 Poker: 12 - 3 <b>Make &amp; Take Craft Class: 12:30 - 2</b>	6/23 Yoga: 9:45- 10:45 Osteo exercise: 11 – 12 Women’s book discussion: 11 - 1 Poker: 12 – 3
6/26 Aerobics: 9 - 10 Hooks & Needles: 10 - 12 Senior Club meeting: 1	6/27 <b>*NEW – Belly Dance for Women: 10-10:45</b> Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:15 – 2:15	6/28 Move to be Fit: 9:45-10:45 <b>Computer Q&amp;A: 10 - 11</b> Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3	6/29 <b>*NEW-Seated Stretch &amp; Release for seniors: 10:15</b> Aerobics: 11-12 Poker: 12 - 3	6/30 Yoga: 9:45 -10:45 Osteo exercise: 11 - 12 Poker: 12 – 3