

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>8:45-9:45 Tai Chi 9-12- Pool Cues 9:30-11:30 Scrap-booking Workshop 10 Low Vision Group (canceled) 10 Line Dance (pre-register) 10:30 Beginner French 11:45- Lunch - Macaroni & Cheese Roast Beef & Cheese Plate 12:45-1:45 Beyond Balance (pre-reg.) 1- NewsTalk 1 In Stitches 1 Monday Games 1:30 Writing Workshop 2- Yoga (chairs)</p>	<p>2</p> <p>9-11:30 Home Energy Seminar 9-10- Aerobics 9-10- Beginning Spanish 10:30 Muscle Conditioning 10:30-11:30 Intermediate Spanish 11:45- Lunch Pot Roast Breaded Chicken Patty 1-2 My Life, My Health-Chronic Disease Management Program- (pre-register) 1-Bingo 1:30 Swing Band</p>	<p>3</p> <p>9-12 Health Clinic 9-12- Pool Cues 9:30 - Fine Art Studio 10:30-11:30 Sing-a -Long 11:45- Lunch- Breaded Chicken Tuna Salad Vic King -piano 12-1 Tap-ercise 1-2 Tap Dance Performance 1 Movie- "Rachel Getting Married" 1 Duplicate Bridge 1- SHINE pre-reg</p>	<p>4</p> <p>10- Current Events/ Spkrs 10- Knitting 10 Art Appreciation 10:30- Mandarin Chinese 11:45- Lunch - Pork Rib Turkey & Cheese Plate 11:45-12:45 Tai-Chi 12:30- Ceramics (pre-reg) 1- Yoga (chairs) 1-Thursday Games 1-2:30 Bridge Lessons 1:30 - French Salon 2-Yoga (mats)</p>	<p>5</p> <p>9-12- Health Clinic 9-10 Aerobics 10-12:30 Pool Cues 10:30 Men's Health Club 10:30- Muscle Conditioning 11:45- Lunch- Salmon Boat Chicken Salad Vic King- Piano 12- Chess Nuts & lessons 1- Chinese Painting (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film 1-3:30 FABB Center pre-reg</p>
<p>8</p> <p>8:45-9:45 Tai Chi 9-12- Pool Cues 9:30 Computer Teacher Meeting 10-2 Avery Shopping Van (pre-register) 10 Line Dance (pre-register) 10:30 Beginner French 11:45- Lunch - Beef Stew Ham & Cheese 12:45-1:45 Beyond Balance (pre-reg.) 1- NewsTalk 1 In Stitches 1 Monday Games 1:30 Writing Workshop 2- Yoga (chairs)</p>	<p>9</p> <p>9-10- Aerobics 9-10- Beginning Spanish 10:30 Muscle Conditioning 10:30-11:30 Intermediate Spanish 11:45- Lunch Hot Dog Roast Beef & Cheese Plate <i>Dialogue with Director</i> 1-3:30 My Life, My Health-Chronic Disease Management Program- (pre-register) 1-Bingo 1:30 Swing Band</p>	<p>10</p> <p>9-12 Health Clinic 9-12- Pool Cues 9:30 - Fine Art Studio 10:30-11:30 Sing-a -Long 11:45- Lunch- Roast Turkey Seafood Salad Vic King -piano 1 Movie-"The Reader" 1 Talent Show 1 Duplicate Bridge 1- SHINE pre-reg</p>	<p>11</p> <p>10- Current Events/ Spkrs 10- Knitting 10:30- Mandarin Chinese 11:45- Lunch - Breaded Fish California Chicken Salad 11:45-12:45 Tai-Chi 12:30- Ceramics (pre-reg) 1- Yoga (chairs) 1-Thursday Games 1-2:30 Bridge Lessons 1:30 - French Salon 2-Yoga (mats)</p>	<p>12</p> <p>9-12- Health Clinic 9-10 Aerobics 10:30- Muscle Conditioning 11:30-12:30 Pool Cues 11:45- Lunch- Chicken in Creamy Italian Sauce Turkey Salad Plate Harold Kaswell -Piano 12- Chess Nuts & lessons 1- Chinese Painting.- pre-reg 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film 1-3:30 FABB Center-pre-reg.</p>
<p>15</p> <p>8:45-9:45 Tai C hi 9-12- Pool Cues 10 Line Dance (pre-register) 10:30 Beginner French 11:45- Lunch - Salisbury Steak Breaded Chicken Pattie 12:45-1:45 Beyond Balance (pre-reg.) 1- NewsTalk 1 In Stitches 1 Monday Games 1:30 Writing Workshop 2- Yoga (chairs)</p>	<p>16</p> <p>9-10- Aerobics 10:30 Muscle Conditioning 9-10- Beginning Spanish 10:30-11:30 Intermediate Spanish 11:45- Lunch Baked Fish w/ Cheese Turkey & Swiss Plate 1-Bingo 1-3:30 My Life, My Health-Chronic Disease Management Program- (pre-register) 1:30 Swing Band</p>	<p>17</p> <p>9-12 Health Clinic 9-12- Pool Cues 9:30 - Fine Art Studio 10:30-11:30 Sing-a -Long 11:45- Lunch- Lemon Dijon Chicken Egg Salad Plate 1 Movie- "The Strange Case of Benjamin Button" 1:30 Rachel Carson Film 1- Duplicate Bridge 1- SHINE</p>	<p>18</p> <p>10- Current Events/Spkrs 10- Knitting 10-11:30 Art Appreciation 10:30- Mandarin Chinese 11:45- Lunch - Beef Rolandine SPECIAL <i>Dialogue w/ Director</i> 11:45-12:45 Tai-Chi 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursday Games 1-2:30 Bridge Lessons 1:30 - French Salon 2-Yoga (mats)</p>	<p>19</p> <p>9-12- Health Clinic 9-10 Aerobics 10:30- Muscle Conditioning 11:30-12:30 Pool Cues 11:45- Lunch- Stuffed Peppers Tuna Salad Vic King- piano 12- Chess Nuts & lessons 1- Chinese Painting. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film 1-3:30 FABB Center pre-reg</p>
<p>22</p> <p>8:45-9:45 Tai C hi 9-12- Pool Cues 10 Line Dance (pre-register) 10:00-11:30 Flower Arranging (pre-register) 10:30 Beginner French 11:45- Lunch - Breaded Fish & Cheese Egg Salad 12:45-1:45 Beyond Balance (pre-reg.) 1- NewsTalk 1 In Stitches 1 Monday Games 1:30 Writing Workshop 2- Yoga (chairs)</p>	<p>23</p> <p>9-10- Aerobics 10:30 Muscle Conditioning 9-10- Beginning Spanish 10:30-11:30 Intermediate Spanish 11:45- Lunch BBQ Chicken Quarters Chef's Salad 1-Bingo 1- 3:30 My Life, My Health-Chronic Disease Management Program (pre-register) 1:30 Swing Band</p>	<p>24</p> <p>9-12 Health Clinic 9-12- Pool Cues 9:30 - Fine Art Studio 10:30-11:30 Sing-a -Long 11:45- Lunch- Pot Roast Chicken Salad Vic King- piano 1 Movie- "Last Chance Harvey" 1- Duplicate Bridge 1- SHINE</p>	<p>25</p> <p>10- Current Events/Spkrs 10- Knitting 10:30- Mandarin Chinese 11:45- Lunch - Baked Ziti Roast Beef & Cheese 11:45-12:45 Tai-Chi 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursday Games 1-2:30 Bridge Lessons 1:30 - French Salon 2-Yoga (mats)</p>	<p>26</p> <p>9-12- Health Clinic 9-10 Aerobics 10:30- Muscle Conditioning 11:30-12:30 Pool Cues 11:45- Lunch- Meatloaf Seafood Salad Harold Kaswell -Piano 12- Chess Nuts & lessons 1- Chinese Painting. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film 1 FABB Center pre-reg.</p>
<p>29</p> <p>8:45-9:45 Tai C hi 9-12- Pool Cues 10 Book Club 10 Line Dance (pre-register) 10:30 Beginner French 11:45- Lunch - Aloha Chicken Turkey & Cheese 12:45-1:45 Beyond Balance (pre-reg.) 1- NewsTalk 1 In Stitches 1 Monday Games 1:30 Writing Workshop 2- Yoga (chairs)</p>	<p>30</p> <p>9-10- Aerobics 10:30 Muscle Conditioning 9-10- Beginning Spanish 10:30-11:30 Intermediate Spanish 10:30 Faces of History 11:45- Lunch Stuffed Shells Ham & Cheese 1-Bingo 1-3:30 My Life, My Health-Chronic Disease Management Program (pre-reg) 1:30 Swing Band</p>	<p>June 2009</p>		