

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 10a Goal Setting with Cheryl * 1p Zumba Gold (\$4) 2p Games & Mahjong	2 10a Vision & Eye Care for Older Adults 11a Open Art/Craft Room 1p Cardio Drumming (\$4) 2p Crochet Club 	3 10a Recipe for Success (V) 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes 	4 The Evergreens Lifestyle Center is closed today. 
7 9:15a AHOY (\$3) (V) 1p Canasta 1:30p Arthritis Foundation Exercise Program (\$4) 	8 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 1p Zumba Gold (\$4) 2p Games & Mahjong 6p CAA *	9 10a Virtual Reality * 11a Open Art/Craft Room 1p Cardio Drumming (\$4) 2p Crochet Club 2p Volunteer Activity – Flash Cards for Refugees	10 9a Recover from Falls (\$4) * 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes 	11 9:15a Chair Yoga (\$3) (V) 10a Trivia with Tina 11a “Remarkably Bright Creatures” Book Club 1p Friday Favorite Movie – “The World of Susie Wong” * 1p Monthly Birthday Celebration
14 9:15a AHOY (\$3) (V) 10a Japan Travelogue * 10:30a Tips to Let Go of Stress with Humana 1p Canasta 1:30p Arthritis Foundation Exercise Program (\$4)	15 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 1p Zumba Gold (\$4) 2p Games & Mahjong 	16 10a Virtual Reality * 11a Gardening with Recipe for Success (V) 11a Open Art/Craft Room 1p Cardio Drumming (\$4) 2p Crochet Club	17 10a Recipe for Success (V) 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 1:30p Bowling at AMF Day Trip (\$30) * 2p Jewelry Club 2p Dominoes	18 9:15a Chair Yoga (\$3) (V) 10a Trivia with Tina 11a “Remarkably Bright Creatures” Book Club 1p Friday Favorite Movie – “Blade Runner” *
21 9:15a AHOY (\$3) (V) 1p Canasta 1:30p Arthritis Foundation Exercise Program (\$4) 	22 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 1p Zumba Gold (\$4) 2p Games & Mahjong	23 10a Virtual Reality * 11a Open Art/Craft Room No Cardio Drumming. 1p Addressing Grief Workshop 2p Crochet Club	24 10a Name that Tune 11a Button Butterfly Craft (\$5)* 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes	25 9:15a Chair Yoga (\$3) (V) 10a Donuts with the Director 11a “Remarkably Bright Creatures” Book Club 1p Friday Favorite Movie – “Wild Oats” *
28 9:15a AHOY (\$3) (V) 11:30a Summer Cookout with HealthTeam Advantage 1p Canasta 1:30p Arthritis Foundation Exercise Program (\$4)	29 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 1p Zumba Gold (\$4) 2p Games & Mahjong	30 10a Soap Making 101 * 10a Virtual Reality * 11a Open Art/Craft Room 1p Cardio Drumming (\$4) 2p Crochet Club	31 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes 	