

Sun

Mon

Tue

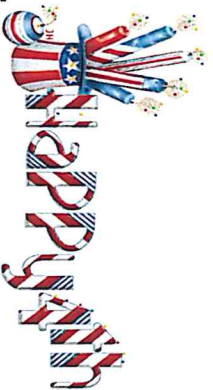
Wed

Thu

Fri

Sat

CENTER FOR HEALTHY GENERATIONS ACTIVITIES ROOM CALENDAR JULY 2018



1	2	3	4	5	6	7
	8:30am Aerobics 9:45am Yoga Floor/Chair 2pm Beginning Guitar 5:30 CERT	8:30am Land Zumba 10:00am Low impact stretch Aerobics 12:30pm - 5:00pm Bridge 6:00pm Town Council	CENTER CLOSED 11:00am Volunteer Pot Luck	8:30am Land Zumba 10:00am Low impact aerobics	9am Art Class	LEGEND:
8	9	10	11	12	13	14
	8:30am Aerobics 9:45am Yoga Floor/Chair 1:00pm Chaparral Artist (NOP) 3pm Kids Klass	8:30am Land Zumba 10:00am Low Impact stretch Aerobics 12:30pm - 5:00pm Bridge 3pm Kids Klass 5pm Las Palmas Fundraiser	11 Celebrate July Birthdays 8:30am Aerobics 9:45am Yoga Floor/Chair 11:00am Harmonica 1:00pm Wii Bowling 3pm Kids Klass 5pm MB Cultural Arts	8:30am Land Zumba 10:00am Low impact aerobics 3pm Kids Klass	9am Art Class 3pm Kids Klass	Center classes & Silver Sneakers eligible Center classes Events held at Center open to the public Events not open to the public
15	16	17	18	19	20	21
	9:45am Yoga Floor/Chair 11am Senior Walking Program 12:pm Intro to Windows10 with Rosana 2pm Beginning Guitar	8:30am Land Zumba 10:00am Low Impact stretch Aerobics 12:30pm - 5:00pm Bridge	8:30am Aerobics 9:45am Yoga Floor/Chair 11:00am Harmonica 1:00pm Wii Bowling 3pm Kids Klass	8:30am Land Zumba 10:00am Low impact aerobics 11am Senior Walking Program 3:30pm Board Meeting 6:00pm Old Car Club	9am Art Class 11am Senior Walking Program 12:pm Intro to Windows10 with Rosana 2pm Ice Cream Social	
22	23	24	25	26	27	28
	8:30am Aerobics 9:45am Yoga Floor/Chair 11am Senior Walking Program 12:pm Intro to Windows10 with Rosana 2:00pm Beginning Guitar 3pm Kids Klass	8:30am Cindy-Pres to Dept of Aging 8:30am Land Zumba 10:00am Low impact stretch Aerobics 12:30pm - 5:00pm Bridge 3pm Kids Klass	8:30am Aerobics 9:45am Yoga Floor/Chair 11:00am Harmonica 1:00pm Wii Bowling 3pm Kids Klass	8:30am Land Zumba 10:00am Low impact aerobics 11am Senior Walking Program 3pm Kids Klass	9am Art Class 11am Senior Walking Program 12:pm Intro to Windows10 with Rosana 3pm Kids Klass	
29	30	31	<p><i>Bridge instruction is available</i></p> <p><i>Silver Sneakers is active at The Center For Healthy Generations</i></p> <p><u>ALL CLASSES AND TIMES ARE SUBJECT TO CHANGE</u></p>			
	8:30am Aerobics 9:45am Yoga Floor/Chair 11am Senior Walking Program 12:pm Intro to Windows10 with Rosana 2pm Beginning Guitar	8:30am Land Zumba 10:00am Low impact stretch Aerobics 12:30pm - 5:00pm Bridge				
Call to schedule Computer Classes						<p>Email: admin@mbchg.org</p> <p>Web Page: mbchg.org</p>