



# CENTER FOR HEALTHY GENERATIONS ACTIVITIES ROOM CALENDAR

**JUNE 2022**

Website: [www.mbchg.org](http://www.mbchg.org)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:45am Floor/Chair Yoga	2 10:00am Low Impact Stretch Aerobics Class	3 9:00am Watercolor Class	4 9:00-3:00 Life Stream Blood Bank
5	6 9:45am Floor/Chair Yoga 1:30pm Chaparral NOP	7 10:00am Low Impact Stretch Aerobics Class 12:30-5:00 Bridge NOP	8 9:45am Floor/Chair Yoga	9 10:00am Low Impact Stretch Aerobics Class 11:30 Weight Loss Support Group 12:30 Bunco NOP 6:00-8:00 Art Council	10 9:00am Watercolor Class	11 2pm-4pm Pie Contest
12	13 9:45am Floor/Chair Yoga	14 10:00am Low Impact Stretch Aerobics Class 10:00am Dept. of Ageing 12:30-5:00 Bridge NOP	15 9:45am Floor/Chair Yoga 5:00-8:00 Lincoln Club NOP	16 10:00am Low Impact Stretch Aerobics Class 1:00pm Board Meeting 6:00pm Old Car Club NOP	17 9:00am Watercolor Class 11:30 Retired Teachers NOP	18 9:00-3:00 Life Stream Blood Bank
19	20 9:45am Floor/Chair Yoga	21 10:00am Low Impact Stretch Aerobics Class 12:30-5:00 Bridge NOP	22 9:45am Floor/Chair Yoga	23 10:00am Low Impact Stretch Aerobics Class 11:30 Weight Loss Support Group	24 9:00am Watercolor Class	25 8:00-2:00 Plant Sale
26 8:00-2:00 Plant Sale	27 9:45am Floor/Chair Yoga	28 10:00am Low Impact Stretch Aerobics Class 12:30-5:00 Bridge NOP 6:00-8:00 Art Council	29 9:45am Floor/Chair Yoga	30 10:00am Low Impact Stretch Aerobics Class		
	Bridge instruction is available. Massage is available by appointment 704-705-6360	Silver Sneakers, Renew Active, Silver & Fit and Peerfit are active at The Center For Healthy Generations!	All classes and activities are subject to change. Call to schedule Computer Classes.		NOP - Not Open To Public	