

Calendar of Events

Friday, July 17 - (Center is closed)

- 10 - 11 a.m. Alzheimer's Support Group Meeting on Zoom - Please contact Jean Righter at nanabanato7@gmail.com for more information regarding joining this group.
- 10 - 11 a.m. Creative Writing Meeting on Zoom - Please contact Rita Fagan at saltvinegar70@gmail.com for more information regarding joining this group.

Monday, July 20

- 8:30 - 9:30 a.m. Fitness for Ladies
9:45 - 10:45 a.m. Zumba Gold
Sponsored by Miracle Ear
- 10 - 11 a.m. Circle of Readers Meeting on Zoom - Please contact Dorothy Minor at DorothyMinor10@gmail.com for more information regarding joining this group.
- 11 a.m. - noon Yin Yoga
Sponsored by Harmon Insurance
- 12:15 - 1:15 p.m. Tai Chi for Better Balance
1:30 - 2 p.m. Line Dance for Fitness Review
2 - 3 p.m. Line Dance for Fitness
3:15 - 4:10 p.m. Zumba Gold
Sponsored by Miracle Ear

Tuesday, July 21

- 8 - 9 a.m. Tai Chi
9:05 - 9:50 a.m. Limited Exercise
10 - 11 a.m. Soft Yoga
Sponsored by Harmon Insurance
- 11:10 a.m. - 12:10 p.m. Advanced Line Dance
12:15 - 1:15 p.m. Tai Chi for Better Balance
1:30 - 2:30 p.m. Beginning Line Dance
2:45 - 3:40 p.m. Zumba Gold
Sponsored by Miracle Ear

Wednesday, July 22

- 8:30 - 9:30 a.m. Fitness for Ladies
9:45 - 10:45 a.m. Zumba Gold
Sponsored by Miracle Ear
- 11:30 a.m. - 12:30 p.m. Nutrition Program frozen meal pickup
See page 5 for more information.
- 11 - 11:45 a.m. Chair Yoga
Noon - 1:30 p.m. Self Defense and 24 Form Tai Chi
2:45 - 3:40 p.m. Zumba Gold
Sponsored by Miracle Ear

Thursday, July 23

- 8 - 9 a.m. Tai Chi
9:05 - 9:50 a.m. Limited Exercise
10 - 10:30 a.m. Power Yoga
Sponsored by Harmon Insurance
- 11:30 a.m. - 1 p.m. Beginning Line Dance
1:30 - 2:30 p.m. Intermediate Line Dance
2:45 - 3:40 p.m. Zumba Gold
Sponsored by Miracle Ear

Friday, July 24 - (Center is closed)

- 10 - 11 a.m. Alzheimer's Support Group Meeting on Zoom - Please contact Jean Righter at nanabanato7@gmail.com for more information regarding joining this group.
- 10 - 11 a.m. Creative Writing Meeting on Zoom - Please contact Rita Fagan at saltvinegar70@gmail.com for more information regarding joining this group.

Monday, July 27

- 8:30 - 9:30 a.m. Fitness for Ladies
9:45 - 10:45 a.m. Zumba Gold
Sponsored by Miracle Ear
- 11 a.m. - noon Yin Yoga
Sponsored by Harmon Insurance
- 12:15 - 1:15 p.m. Tai Chi for Better Balance
1:30 - 2 p.m. Line Dance for Fitness Review
2 - 3 p.m. Line Dance for Fitness
3:15 - 4:10 p.m. Zumba Gold
Sponsored by Miracle Ear

Tuesday, July 28

- 8 - 9 a.m. Tai Chi
9:05 - 9:50 a.m. Limited Exercise
10 - 11 a.m. Soft Yoga
Sponsored by Harmon Insurance
- 11:10 a.m. - 12:10 p.m. Advanced Line Dance
12:15 - 1:15 p.m. Tai Chi for Better Balance
1:30 - 2:30 p.m. Beginning Line Dance
2:45 - 3:40 p.m. Zumba Gold
Sponsored by Miracle Ear

Wednesday, July 29

- 8:30 - 9:30 a.m. Fitness for Ladies
9:45 - 10:45 a.m. Zumba Gold
Sponsored by Miracle Ear
- 11:30 a.m. - 12:30 p.m. Nutrition Program frozen meal pickup
See page 5 for more information.
- 11 - 11:45 a.m. Chair Yoga
Noon - 1:30 p.m. Self Defense and 24 Form Tai Chi
2:45 - 3:40 p.m. Zumba Gold
Sponsored by Miracle Ear

Thursday, July 30

- 8 - 9 a.m. Tai Chi
9:05 - 9:50 a.m. Limited Exercise
10 - 10:30 a.m. Power Yoga
Sponsored by Harmon Insurance
- 11:30 a.m. - 1 p.m. Beginning Line Dance
1:30 - 2:30 p.m. Intermediate Line Dance
2:45 - 3:40 p.m. Zumba Gold
Sponsored by Miracle Ear

Friday, July 31 - (Center is closed)

- 10 - 11 a.m. Alzheimer's Support Group Meeting on Zoom - Please contact Jean Righter at nanabanato7@gmail.com for more information regarding joining this group.
- 10 - 11 a.m. Creative Writing Meeting on Zoom - Please contact Rita Fagan at saltvinegar70@gmail.com for more information regarding joining this group.

Members play poker online each day with virtual money. Contact Meichelle Culhane at meichellec@yahoo.com to join the group.

Calendar of Events

Monday, July 6

8:30 - 9:30 a.m. Fitness for Ladies
9:45 - 10:45 a.m. Zumba Gold

Sponsored by Miracle Ear

10 - 11 a.m. Circle of Readers
Meeting on Zoom - Please contact Dorothy Minor at DorothyMinor10@gmail.com for more information regarding joining this group.

11 a.m. - noon Yin Yoga

Sponsored by Harmon Insurance

12:15 - 1:15 p.m. Tai Chi for Better Balance
1:30 - 2 p.m. Line Dance for Fitness Review
2 - 3 p.m. Line Dance for Fitness
3:15 - 4:10 p.m. Zumba Gold

Sponsored by Miracle Ear

Tuesday, July 7

8 - 9 a.m. Tai Chi
9:05 - 9:50 a.m. Limited Exercise
10 - 11 a.m. Soft Yoga

Sponsored by Harmon Insurance

11:10 a.m. - 12:10 p.m. Advanced Line Dance
12:15 - 1:15 p.m. Tai Chi for Better Balance
1:30 - 2:30 p.m. Beginning Line Dance
2:45 - 3:40 p.m. Zumba Gold

Sponsored by Miracle Ear

Wednesday, July 8

8:30 - 9:30 a.m. Fitness for Ladies
9:45 - 10:45 a.m. Zumba Gold

Sponsored by Miracle Ear

11:30 a.m. - 12:30 p.m. Nutrition Program frozen meal pickup
See page 5 for more information.

11 - 11:45 a.m. Chair Yoga
Noon - 1:30 p.m. Self Defense and 24 Form Tai Chi
2:45 - 3:40 p.m. Zumba Gold

Sponsored by Miracle Ear

Thursday, July 9

8 - 9 a.m. Tai Chi
9:05 - 9:50 a.m. Limited Exercise
10 - 10:30 a.m. Power Yoga

Sponsored by Harmon Insurance

11:30 a.m. - 1 p.m. Beginning Line Dance
1:30 - 2:30 p.m. Intermediate Line Dance
2:45 - 3:40 p.m. Zumba Gold

Sponsored by Miracle Ear

Friday, July 10 - (Center is closed)

10 - 11 a.m. Alzheimer's Support Group
Meeting on Zoom - Please contact Jean Righter at nanabanato7@gmail.com for more information regarding joining this group.

10 - 11 a.m. Creative Writing
Meeting on Zoom - Please contact Rita Fagan at saltvinegar70@gmail.com for more information regarding joining this group.

Members play poker online each day with virtual money. Contact Meichelle Culhane at meichelle@yahoo.com to join the group.

Monday, July 13

8:30 - 9:30 a.m. Fitness for Ladies
9:45 - 10:45 a.m. Zumba Gold

Sponsored by Miracle Ear

11 a.m. - noon Yin Yoga

Sponsored by Harmon Insurance

12:15 - 1:15 p.m. Tai Chi for Better Balance
1:30 - 2 p.m. Line Dance for Fitness Review
2 - 3 p.m. Line Dance for Fitness
3:15 - 4:10 p.m. Zumba Gold

Sponsored by Miracle Ear

Tuesday, July 14

8 - 9 a.m. Tai Chi
9:05 - 9:50 a.m. Limited Exercise
10 - 11 a.m. Soft Yoga

Sponsored by Harmon Insurance

11:10 a.m. - 12:10 p.m. Advanced Line Dance
12:15 - 1:15 p.m. Tai Chi for Better Balance
1:30 - 2:30 p.m. Beginning Line Dance
2:45 - 3:40 p.m. Zumba Gold

Sponsored by Miracle Ear

Wednesday, July 15

8:30 - 9:30 a.m. Fitness for Ladies
9:45 - 10:45 a.m. Zumba Gold

Sponsored by Miracle Ear

11:30 a.m. - 12:30 p.m. Nutrition Program frozen meal pickup
See page 5 for more information.

11 - 11:45 a.m. Chair Yoga
Noon - 1:30 p.m. Self Defense and 24 Form Tai Chi
2:45 - 3:40 p.m. Zumba Gold

Sponsored by Miracle Ear

Thursday, July 16

8 - 9 a.m. Tai Chi
9:05 - 9:50 a.m. Limited Exercise
10 - 10:30 a.m. Power Yoga

Sponsored by Harmon Insurance

11:30 a.m. - 1 p.m. Beginning Line Dance
1:30 - 2:30 p.m. Intermediate Line Dance
2:45 - 3:40 p.m. Zumba Gold

Sponsored by Miracle Ear

Call me to see what the CARES Act means for you.



Brad Buxton, AAMS®

Financial Advisor

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