



July 2021

"+ Zoom" means the class will be offered in person as well as virtually. Just "Zoom" means class will only be held virtually.

1120 Medical Plaza Dr. #250

Sunday 27	Monday 28	Tuesday 29	Wednesday 30	Thursday 1	Friday 2	Saturday 3
	8:30AM Gentle Yoga (Zoom) 9AM Spanish - Beginner (Zoom) 1PM Knitting 1:30PM Pilates	9AM Spanish - Intermediate (Zoom) 9:30AM Gentle Yoga (+Facebook Live) 10:30AM Spanish Class	9AM Spanish - Beginner (Zoom) 10AM Tai Chi 1PM Mah Jongg	9AM Spanish -Intermediate (Zoom) 10AM Bible Study 10:30AM Gentle Barre 1PM Drama Therapy	10AM Coffee&Support 10AM Yoga	
4	Closed for Holiday	9AM Spanish - Intermediate (Zoom) 9:30AM Gentle Yoga (Facebook Live) 10:30AM Spanish 12:30PM Healing Art	9AM Spanish - Beginner (Zoom) 10AM Tai Chi 12PM Oncology Nutrition 1PM Mah Jongg	9AM Spanish -Intermediate (Zoom) 10:30AM Gentle Barre	10AM Coffee&Support 10AM Yoga	10
11	8:30AM Gentle Yoga (Zoom) 9AM Spanish - Beginner (Zoom) 1PM Knitting 1:30PM Pilates	9AM Spanish - Beginner (Zoom) 9:30AM Gentle Yoga (Facebook Live)	9AM Spanish - Beginner (Zoom) 10AM Tai Chi Oncology Education Webinar 12PM Breast Cancer Support Group (Zoom) 1PM Mah Jongg	9AM Spanish - Intermediate (Zoom) 10AM Bible Study 10:30AM Gentle Barre 1PM Drama Therapy 3PM Breast Cancer Support Group (Zoom) 6PM Ostomy Support (Zoom)	10AM Coffee &Support 10AM Pet Therapy 10AM Yoga	17
18	8:30AM Gentle Yoga (zoom) 9AM Spanish - Beginner (Zoom) 1PM Knitting 1:30PM Pilates 6:30PM Modern Widows Club	9AM Spanish - Beginner (Zoom) 9:30AM Gentle Yoga (Facebook Live)	9AM Spanish - Beginner (Zoom) 10AM Tai Chi 1PM Mah Jongg	9AM Spanish - Intermediate (Zoom) 10:30AM Gentle Barre	10AM Coffee &Support 10AM Yoga 11:30 Men's Lunch	24
25	8:30AM Gentle Yoga (zoom) 9AM Spanish - Beginner (Zoom) 1PM Knitting 5:30PM Life in Between	9AM Spanish (Zoom) 9:30AM Gentle Yoga (Facebook Live) 10:30AM Spanish Class 12:00 Card Making	9AM Spanish - Beginner (Zoom) 10AM Tai Chi 1PM Mah Jongg	9AM Spanish - Intermediate (Zoom) 10AM Bible Study (+Zoom) 10:30AM Gentle Barre 1PM Drama Therapy	10AM Coffee &Support 10AM Yoga	31

This calendar is subject to change. Please check your email before class!

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8:30 Yoga

<https://us02web.zoom.us/j/82251150553?pwd=V3FYdzVvYURFK0J3V3ZrWjZNYkZFQT09>

Meeting ID: 880 3766 2985

Passcode: 953593