



# Active Adult Programs June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Massage Bridge 10-12	2 Fit & Fun 10:15-11	3 Chair Yoga 10-10:45 Crafter Corner & Mahjong 10-12
6 Strong & Sturdy 10-10:45 Line Dancing 1:30-2:35	7 Fit & Fun 10:15-11 Games 1-3 pm (at Mather Woods)	8 Bridge 10-12	9 Fit & Fun 10:15-11 Card Fun 1:30	10 Chair Yoga 10-10:45 Crafter Corner & Mahjong 10-12
13 Strong & Sturdy 10-10:45 Line Dancing 1:30-2:35	14 Fit & Fun 10:15-11 Reflexology Games 1-3 pm (at Mather Woods)	15 Massage Bridge 10-12	16 Fit & Fun 10:15-11 St. Charles Paddlewheel Riverboat trip 10:30-3:30	17 Chair Yoga 10-10:45 Crafter Corner & Mahjong 10-12
20 Strong & Sturdy 10-10:45 Line Dancing 1:30-2:35	21 Fit & Fun 10:15-11 Ice Cream Soda Day 11-1 at Mather Woods Games 1-3 pm (at Mather Woods)	22 Bridge 10-12 FACILITY CLOSING AT 12:30	23 Fit & Fun 10:15-11 Outdoor Bingo 1:30 pm at Mather Woods	24 Chair Yoga 10-10:45 Crafter Corner & Mahjong 10-12
27 Strong & Sturdy 10-10:45 Line Dancing 1:30-2:35	28 Fit & Fun 10:15-11 (new session starts) Reflexology Games 1-3 pm (at Mather Woods)	29 Bridge 10-12 Estate Planning seminar 12:15-1:15 RSVP by 6/24	30 Fit & Fun 10:15-11 (new session starts) Card Fun 1:30	