

June 2019

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>3 Bring a Friend to Lunch Day!</p> <p>9:30 Bridge 10:00 Walking Group 11:00 Chair Yoga 12:00 Lunch 12:45 ART class w/ Roscha 12:45 POUND exercise , Pitch</p> | <p>4</p> <p>10:00 Strength/Balance 11:00 Strength/Balance 12:00 Lunch 12:45 Mah Jong 12:45 Movie: "Billy Graham: An Extraordinary Journey" 1:00 Manlius Informed</p> | <p>5</p> <p>10:00 Intermediate Tai Chi 10:00 Duplicate Bridge 10:00 Crafts & Conversation 11:00 Chair Yoga 12:00 Lunch 12:45 Wii Bowling, Corn Hole, and Scrabble</p> | <p>6</p> <p>10:00 Cards 10:00 Strength/Balance 11:00 Strength/Balance 11:00 Drop in Tech Time w/ Steph 12:00 Lunch 12:45 Bingo</p> | <p>7</p> <p>10:00 Weight Watchers 10:00 Walking Group, Ping Pong 10:00 Chair Yoga 11:00 Strength/Balance 12:00 BLT Sandwich & Potato Salad 1:00 Pinochle</p> |
| <p>10</p> <p>9:30 Bridge 10:00 Walking Group, Ping Pong 11:00 Chair Yoga 12:00 Lunch 12:45 ART class w/ Roscha 12:45 POUND exercise , Pitch</p> | <p>11</p> <p>10:00 Strength/Balance 11:00 Strength/Balance 12:00 Lunch 12:45 Mah Jong 1:00 Manlius Informed</p> | <p>12</p> <p>10:00 Intermediate Tai Chi 10:00 Duplicate Bridge 10:00 Crafts & Conversation 11:00 Chair Yoga 12:00 Lunch 12:45 Will Bowling, Corn Hole and Scrabble</p> | <p>13</p> <p>10:00 Cards 10:00 Strength/Balance 11:00 Strength/Balance 12:00 Spring Luncheon!</p> | <p>14</p> <p>10:00 Weight Watchers 10:00 Walking Group, Ping Pong 10:00 Chair Yoga 11:00 Strength/Balance 12:00 Grilled Cheese & Broccoli Salad 1:00 Pinochle</p> |
| <p>17</p> <p>9:30 Bridge 10:00 Walking Group 11:00 Chair Yoga 12:00 Lunch 12:45 ART class w/ Roscha 12:45 POUND exercise , Pitch</p> | <p>18</p> <p>10:00 Strength/Balance 11:00 Strength/Balance 11:30 Reception 12:00 Birthday Bash 12:45 Mah Jong 1:00 Final Manlius Informed</p> | <p>19</p> <p>9:30 Embroidery Group 10:00 Intermediate Tai Chi 10:00 Duplicate Bridge 10:00 Crafts & Conversation 11:00 Chair Yoga 12:00 Lunch 12:45 Wii Bowling, Corn Hole, and Scrabble</p> | <p>20</p> <p>10:00 Cards 10:00 Strength/Balance 11:00 Strength/Balance 12:00 Lunch 12:45 Mind Puzzles</p> | <p>21</p> <p>10:00 Weight Watchers 10:00 Walking Group, Ping Pong 10:00 Chair Yoga 11:00 Strength/Balance 12:00 Mexican Chicken Past Salad 1:00 Pinochle</p> |
| <p>24</p> <p>9:30 Bridge 10:00 Walking Group 11:00 Chair Yoga 12:00 Lunch 12:45 POUND exercise, Pitch</p> | <p>25</p> <p>10:00 Strength/Balance 11:00 Strength/Balance 12:00 Lunch 12:45 Mah Jong</p> | <p>26</p> <p>10:00 Intermediate Tai Chi 10:00 Duplicate Bridge 10:00 Crafts & Conversation 11:00 Chair Yoga 12:00 Lunch 12:45 Wii Bowling, Corn Hole and Scrabble</p> | <p>27</p> <p>10:00 Cards 10:00 Strength/Balance 11:00 Strength/Balance 12:00 Lunch 12:45 Bunko</p> | <p>28</p> <p>10:00 Weight Watchers 10:00 Walking Group, Ping Pong 10:00 Chair Yoga 11:00 Strength/Balance 12:00 Turkey/Ham Sandwich & Pasta Salad 1:00 Pinochle</p> |
| | | | | |