



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:30 Essentrics 9:45 Bone Builders 10:00 Creative Arts Group 11:00 Yoga Strength 1:00 CSC Board Mtg.	2 8:30 Core & Strength 9:15 Fiber Arts 9:45 Tai Chi - Yang 10:45 Beginner Tai Chi 11:30 T'ai Chi Practice 12:00 Samba- Canasta 1:00 Bone Builders 1:00 Cribbage 6:00 Menopause Café	3 The Charlotte Senior Center is closed in Observance of the Independence Day Holiday.	4 10:00-12:00 Learn to Play Pickelball <i>(Charlotte Town Beach)</i>
5	6 8:30 Essentrics 9:45 Bone Builders 11:00 Gentle Yoga 11:30 Age Well 11:30 Monday Munch 12:30 Bridge 2:00 Chess 2:30 French Conversation 6:00 American Mahjong	7 8:30 Core & Strength 12:00 Canasta (Samba) 12:30 Shanghai Mahjong 12:45 American Mahjong 1:00 Bone Builders 3:00 German Conversation 4:00-6:00 Artist Reception Landscape Paintings by Alden Mauck 6:00 Backgammon	8 8:30 Essentrics 9:45 Bone Builders 10:00 Creative Arts Group 11:00 Yoga Strength 3:00 Alzheimer's Support Group	9 8:30 Core & Strength 9:15 Fiber Arts 9:45 Tai Chi - Yang 10:45 Beginner Tai Chi 11:30 NO T'ai Chi Practice 12:00 Samba-Canasta 1:00 Bone Builders 1:00 Cribbage	10 7:30 Men's Breakfast-Coffee at Charlotte Beach 8:30 Essentrics 9:00 Kayak Trip: Missisquoi 9:45 Bone Builders 10:00 Arts Group 11:00 Adv. Italian Conv. 12:30 Samba-Canasta 2:00 Brain Games	11 10:00-12:00 Learn to Play Pickelball <i>(Charlotte Town Beach)</i>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12 2:00-4:00 Photo Discussion <i>(in the café)</i> <i>Topic:</i> <i>Shadow Play</i>	13 8:30 Essentrics 9:00 CVU Conversation Group 9:45 Bone Builders 11:00 Gentle Yoga 11:30 Monday Munch 12:30 Bridge 2:00 Chess 2:30 French Conversation 6:00 American Mahjong	14 8:30 Core & Strength 11:00 Yoga Dance with your child or grandchild 12:00 Canasta (Samba) 12:30 Shanghai Mahjong 12:45 American Mahjong 1:00 Bone Builders 3:00 German Conversation 6:00 Backgammon	15 8:30 Essentrics 8:45 Hiking Trip 9:45 Bone Builders 10:00 Creative Arts Group 11:00 Yoga Strength 1:15 Memory Café <i>(in the café)</i>	16 8:30 Core & Strength 9:15 Fiber Arts 9:45 Tai Chi – Yang 10:45 Beginner Tai Chi 11:30 NO T'ai Chi Practice 12:00 Samba-Canasta 1:00 Bone Builders 1:00 Play Reading 1:00 Cribbage 2:00 Living Your Best Life Discussion Group	17 8:30 Essentrics 9:45 Bone Builders 10:00 Arts Group 12:30 Samba-Canasta 1:00 Peter & Helen Rosenblum: Music of the 50's, 60's & 70's 2:00 Brain Games	18 10:00-12:00 Learn to Play Pickelball <i>(Charlotte Town Beach)</i> 11:00-12:00 Memory Café <i>(in the café)</i>
19	20 8:30 Essentrics 9:45 Bone Builders 11:00 Gentle Yoga 11:30 Monday Munch 12:30 Bridge 2:00 Chess 2:30 French Conversation 6:00 American Mahjong	21 8:30 Core & Strength 12:00 Canasta (Samba) 12:30 Shanghai Mahjong 12:45 American Mahjong 1:00 Bone Builders 3:00 German Conversation 6:00 Backgammon	22 8:30 Essentrics 9:00 Birding Trip 9:45 Bone Builders 10:00 Creative Arts Group 11:00 Yoga Strength	23 8:30 Core & Strength 9:00 Gentle Walk 9:15 Fiber Arts 9:45 Tai Chi – Yang 10:45 Beginner Tai Chi 11:30 T'ai Chi Practice 12:00 Samba-Canasta 1:00 Bone Builders 1:00 Cribbage	24 8:30 Essentrics 9:00 Kayak Trip 9:45 Bone Builders 10:00 Arts Group 11:00 Adv. Italian Conv. 11:30 Silent Book Club 12:30 Samba-Canasta 2:00 Brain Games	25 10:00-12:00 Learn to Play Pickelball <i>(Charlotte Town Beach)</i>
26 12:30-2:30 Shape Note Singing <i>(in the café)</i>	27 8:30 Essentrics 9:45 Bone Builders 11:00 Gentle Yoga 11:30 Monday Munch 12:30 Bridge 2:00 Chess 2:30 French Conversation 6:00 American Mahjong	28 8:30 Core & Strength 12:00 Canasta (Samba) 12:30 Shanghai Mahjong 12:45 American Mahjong 1:00 Bone Builders 3:00 German Conversation 6:00 Backgammon	29 8:30 Essentrics 9:45 Bone Builders 10:00 Creative Arts Group 11:00 Yoga Strength	30 8:30 Core & Strength 9:15 Fiber Arts 9:45 Tai Chi – Yang 10:45 Beginner Tai Chi 11:30 T'ai Chi Practice 12:00 Samba-Canasta 1:00 Bone Builders 1:00 Cribbage	31 8:30 Essentrics 9:45 Bone Builders 10:00 Arts Group 12:30 Samba-Canasta 2:00 Brain Games	

