

Key: **L** = Live at W&W; **V** = Virtual; **C** = Call

June 2021

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>31</p> <p>Closed For Memorial Day</p>	<p>1</p> <p>LVC Personal Fitness Training • 9:00 am</p> <p>LVC Walk Club • 9:30 am</p> <p>LVC Beginner Line Dance • 11:00 am</p> <p>LVC Core on the Floor • 12:00 pm</p> <p>LVC MELT Movement • 2:00 pm</p> <p>LVC Powerful Tools for Care Partners • 5:00 pm</p>	<p>2</p> <p>LVC Bmore Fit • 10:00 am</p> <p>LVC Walk with Ease • 10:30 am</p> <p>LVC Tai Ji Quan • 1:00 pm</p> <p>LVC Joy Wellness Nutrition Demo • 1:00 pm</p> <p>LVC Guided Imagery • 2:30 pm</p>	<p>3</p> <p>LVC Balance & Easy Movement • 10:00 am</p> <p>LVC QiGong L V • 11:30 am</p> <p>LVC Personal Fitness Training • 1:00 pm</p> <p>LVC Orientation • 1:00 pm</p> <p>LVC Diabetes Prevention Program • 3:00 pm</p>	<p>4</p> <p>LVC AgeStrong • 10:00 am</p> <p>LVC Walk with Ease • 10:30 am</p> <p>LVC Coffee Chat • 11:00 am</p> <p>LVC Your Best Life • 1:00 pm</p>	<p>5</p>
<p>7</p> <p>LVC Meditation • 9:30 am</p> <p>LVC Garden Club • 10:00 am</p> <p>LVC Chair Yoga • 11:00 am</p> <p>LVC Tai Ji Quan • 1:00 pm</p> <p>LVC Creativity Challenge • 2:00 pm</p>	<p>8</p> <p>LVC Personal Fitness Training • 9:00 am</p> <p>LVC Walk Club • 9:30 am</p> <p>LVC Beginner Line Dance • 11:00 am</p> <p>LVC Core on the Floor • 12:00 pm</p> <p>LVC Connecting Through Stories • 1:00 pm</p> <p>LVC MELT Movement • 2:00 pm</p> <p>LVC Powerful Tools for Care Partners • 5:00 pm</p>	<p>9</p> <p>LVC Bmore Fit • 10:00 am</p> <p>LVC Welcome to the Chesapeake • 11:30 am</p> <p>LVC Tai Ji Quan • 1:00 pm</p> <p>LVC Bingo • 1:30 pm</p> <p>LVC Ceramics Studio • 2:00 pm</p>	<p>10</p> <p>LVC Balance & Easy Movement • 10:00 am</p> <p>LVC Testosterone 101 • 11:00 am</p> <p>LVC QiGong • 11:30 am</p> <p>LVC Personal Fitness Training • 1:00 pm</p> <p>LVC Brain Wise 1.0 • 1:00 pm</p> <p>LVC Diabetes Prevention Program • 3:00 pm</p>	<p>11</p> <p>LVC AgeStrong • 10:00 am</p> <p>LVC State of the Chesapeake Bay • 10:00 am</p> <p>LVC Art in Action Series 1 • 1:00 pm</p> <p>LVC Brain Blast Challenger • 2:00 pm</p>	<p>12</p>
<p>14</p> <p>LVC Meditation • 9:30 am</p> <p>LVC Garden Club • 10:00 am</p> <p>LVC Chair Yoga • 11:00 am</p> <p>LVC Tai Ji Quan • 1:00 pm</p> <p>LVC Brain Blast Challenge • 2:00 pm</p>	<p>15</p> <p>LVC Personal Fitness Training • 9:00 am</p> <p>LVC Walk Club • 9:30 am</p> <p>LVC Watercolor Still Life Painting • 10:00 am</p> <p>LVC Beginner Line Dance • 11:00 am</p> <p>LVC Core on the Floor • 12:00 pm</p> <p>LVC Service Coordination • 1:00 pm</p> <p>LVC MELT Movement • 2:00 pm</p> <p>LVC Artist Trading Cards • 3:00 pm</p> <p>LVC Powerful Tools for Care Partners • 5:00 pm</p>	<p>16</p> <p>LVC Bmore Fit • 10:00 am</p> <p>LVC Skincare & Makeup Tips & Tricks • 11:00 am</p> <p>LVC Tai Ji Quan • 1:00 pm</p> <p>LVC Joy Wellness Nutrition Demo • 1:00 pm</p> <p>LVC Ceramics Studio • 2:00 pm</p>	<p>17</p> <p>LVC Balance & Easy Movement • 10:00 am</p> <p>LVC A Deeper Look • 10:00 am</p> <p>LVC QiGong • 11:30 am</p> <p>LVC Personal Fitness Training • 1:00 pm</p> <p>LVC Orioles Watch Party • 1:00 pm</p> <p>LVC Brain Wise 1.0 • 1:00 pm</p> <p>LVC Diabetes Prevention Program • 3:00 pm</p>	<p>18</p> <p>LVC AgeStrong • 10:00 am</p> <p>LVC Agriculture & the Chesapeake Bay • 10:00 am</p> <p>LVC Art in Action Series 1 • 1:00 pm</p>	<p>19</p>
<p>21</p> <p>LVC Meditation • 9:30 am</p> <p>LVC Garden Club • 10:00 am</p> <p>LVC Chair Yoga • 11:00 am</p> <p>LVC Tai Ji Quan • 1:00 pm</p> <p>LVC Herbs • 2:00 pm</p>	<p>22</p> <p>LVC Personal Fitness Training • 9:00 am</p> <p>LVC Walk Club • 9:30 am</p> <p>LVC Beginner Line Dance • 11:00 am</p> <p>LVC Core on the Floor • 12:00 pm</p> <p>LVC Connecting Through Stories • 1:00 pm</p> <p>LVC MELT Movement • 2:00 pm</p> <p>LVC Artist Trading Cards • 3:00 pm</p> <p>LVC Powerful Tools for Care Partners • 5:00 pm</p>	<p>23</p> <p>LVC Stormwater Walking Tour • 10:00 am</p> <p>LVC Tai Ji Quan • 1:00 pm</p> <p>LVC Ceramics Studio • 2:00 pm</p> <p>LVC Plein Air Painting • 5:00 pm</p>	<p>24</p> <p>LVC Balance & Easy Movement • 10:00 am</p> <p>LVC QiGong • 11:30 am</p> <p>LVC Personal Fitness Training • 1:00 pm</p> <p>LVC Brain Wise 1.0 • 1:00 pm</p> <p>LVC Diabetes Prevention Program • 3:00 pm</p>	<p>25</p> <p>LVC AgeStrong • 10:00 am</p> <p>LVC Stormwater Pollution • 10:00 am</p> <p>LVC Art in Action Series 1 • 1:00 pm</p> <p>LVC Guided Imagery • 3:00 pm</p>	<p>26</p>
<p>28</p> <p>LVC Garden Club • 10:00 am</p> <p>LVC Tai Ji Quan • 1:00 pm</p> <p>LVC Sound & Vision Series • 2:00 pm</p>	<p>29</p> <p>LVC Personal Fitness Training • 9:00 am</p> <p>LVC Walk Club • 9:30 am</p> <p>LVC Beginner Line Dance • 11:00 am</p> <p>LVC Core on the Floor • 12:00 pm</p> <p>LVC MELT Movement • 2:00 pm</p> <p>LVC Artist Trading Cards • 3:00 pm</p>	<p>30</p> <p>LVC Bmore Fit • 10:00 am</p> <p>LVC Your Best Life • 11:00 am</p> <p>LVC Tai Ji Quan • 1:00 pm</p> <p>LVC Babe Ruth Museum Tour • 1:00 pm</p> <p>LVC Ceramics Studio • 2:00 pm</p> <p>LVC Art Right Now • 4:00 pm</p> <p>LVC Plein Art Painting • 5:00 pm</p>	<p>1</p>	<p>2</p>	<p>3</p>

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