

## July 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3
			V   Balance & Easy Movement • 10:00 am V   A Deeper Look • 11:00 am LV   Qigong • 11:30 am V   Brain Wise 1.0 • 1:00 pm VC   Diabetes Prevention Program • 3:00 pm	V   Orientation • 11:00 am V   Artist in Action • 1:00 pm L   Brain Blast Challenge • 2:00 pm	
5 <b>Holiday Wise &amp; Well Closed</b>	6 L   Walk Club • 9:30 am LV   Beginner Line Dance • 11:00 am LVC   Connecting Stories • 1:00 pm LV   Artist Trading Cards • 3:00 pm V   Evening Yoga Flow • 6:00 pm	7 L   Ceramics Studio • 2:00 pm L   Plein Air Painting • 5:00 pm	8 V   Balance & Easy Movement • 10:00 am LV   Summer Salads • 11:00 am LV   Qigong • 11:30 am C   Guided Imagery • 1:00 pm VC   Diabetes Prevention Program • 3:00 pm	9 LV   Indiv. Storm Water Practices • 10:00 am V   AgeStrong • 10:00 am V   Art in Action • 1:00 pm V   Your Best Life • 2:00 pm	10 V   Saturday Morning Flow • 10:00 am
12 VC   Meditation • 9:30 am L   Garden Club • 10:00 am LV   Chair Yoga • 11:00 am V   Using Technology to Share Your Family History • 2:00 pm	13 LV   Walk Club • 9:30 am LV   Beginner Line Dance • 11:00 am LV   Core on the Floor • 12:00 pm LVC   Service Coordination • 1:00 pm LV   Artist Trading Cards • 3:00 pm V   Evening Yoga Flow • 6:00 pm	14 V   Emore Fit • 10:00 am LV   Skin Health & Sun Safety • 11:00 am LV   Saving Species • 1:30 pm L   Plein Air Painting • 5:00 pm	15 V   Balance & Easy Movement • 10:00 am V   A Deeper Look • 11:00 am LV   Qigong • 11:30 am LV   Gut Check 101 • 1:00 pm L   Brain Wise 1.0 • 1:00 pm LV   Diabetes Prevention Program • 3:00 pm	16 V   Age Strong • 10:00 am V   Feel Good Feet • 11:00 am V   Art in Action • 1:00 pm V   Brain Blast Challenge • 2:00 pm	17 V   Saturday Morning Flow • 10:00 am
19 L   Garden Club • 10:00 am LV   Chair Yoga • 11:00 am V   History of the Future • 2:00 pm	20 L   Walk Club • 9:30 am V   Color Pencil Plants • 10:00 am LV   Beginner Line Dance • 11:00 am LV   Core on the Floor • 12:00 pm LVC   Connecting Through Stories • 1:00 pm LV   Artist Trading Cards • 3:00 pm V   Evening Yoga Flow • 6:00 pm	21 V   Emore Fit • 10:00 am V   Beautiful Baltimore • 11:30 am L   Your Best Life • 2:00 pm L   Plein Air Painting • 5:00 pm	22 V   Balance & Easy Movement • 10:00 am LV   Qigong • 11:30 am L   Brain Wise 1.0 • 1:00 pm LV   Artist Sketchbooks • 5:00 pm	23 V   AgeStrong • 10:00 am L   Get Organized • 11:00 am V   Art in Action • 1:00 pm LVC   Bingo • 2:00 pm	24 V   Saturday Morning Flow • 10:00 am
26 VC   Meditation • 9:30 am L   Garden Club • 10:00 am LV   Chair Yoga • 11:00 am LV   Sound & Vision Series • 2:00 pm	27 L   Walk Club • 9:30 am LV   Beginner Line Dance • 11:00 am LV   Core on the Floor • 12:00 pm LV   Artist Trading Cards • 3:00 pm V   Evening Yoga Flow • 6:00 pm	28 V   Emore Fit • 10:00 am LV   Passion for Fashion • 11:30 am V   Art Right Now • 4:00 pm L   Plein Air Painting • 5:00 pm	29 V   Balance & Easy Movement • 10:00 am V   Deeper Look • 11:00 am LV   Qigong • 11:30 am L   Brain Wise 1.0 • 1:00 pm L   Afternoon At The Movies • 2:00 pm LV   Artist Sketchbooks • 5:00 pm	30 V   AgeStrong • 10:00 am C   Guided Imagery • 11:00 am V   Art in Action • 1:00 pm L   Homemade Kombucha • 1:00 pm	31 V   Saturday Morning Flow • 10:00 am