

Silvermont Senior Center June Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 - 9:45 Chi-Gong 9:30 -12:00 Lunch Plus 10:15-11:00 Range of Motion 1:00-3:45 Mah-Jongg 1:00 -3:30 Open Art 1:00-2:30 Readers' Theatre	2 9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 1:00-3:00 Pumpkin Fest Meeting 1:00-2:00 Tai Chi 1:00-3:00 Card Club 7:00-9:00 Music Circle at Silvermont	3 9:30 -12:00 Lunch Plus 11:00-11:50 Ageless Grace 10:00-12:00 Sit & Stitch 1:00-3:45 Mah-Jongg 2:30 -3:30 Mindfulness Meditations 12:45-3:45 Glenn Cannon Bridge	4 9:00-9:45 Dance Fit 9:30 -12:00 Lunch Plus 9:30-11:00 Museum Tours 10:00-10:45 Vaya Health Talk 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs 2:00-3:45 Wood Carvers	5 9:30-12:00 Lunch Plus 11:00-11:30 Strength & Stretch 12:00-12:30 Stride for your Health 1:00-3:30 Museum Tours
8 9:00 - 9:45 Chi-Gong 9:30 -12:00 Lunch Plus 10:15-11:00 Range of Motion 1:00-3:45 Mah-Jongg 1:00 -3:30 Open Art 1:00-2:30 Readers' Theatre 3:00-4:00 Council on Aging	9 9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 1:00-2:00 Tai Chi 1:00-3:00 Card Club 7:00-9:00 Music Circle at Silvermont	10 9:30 -12:00 Lunch Plus 10:00-12:00 Sit & Stitch 11:00-11:50 Ageless Grace 1:00-3:45 Mah-Jongg	11 9:00-9:45 Dance Fit 9:30-11:00 Museum Tours 9:30 -12:00 Lunch Plus 10:00-10:45 BBB Presentation "Identity Theft, more common..." 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs	12 9:30-12:00 Lunch Plus 11:00-11:30 Strength & Stretch 1:00-3:30 Museum Tours 1:30 -3:45 Mtn. Laurel Investment
15 9:00 - 9:45 Chi-Gong 9:30 -12:00 Lunch Plus 10:15-11:00 Range of Motion 1:00-3:45 Mah-Jongg 1:00 -3:30 Open Art 1:00-2:30 Readers' Theatre	16 9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 1:00-2:00 Tai Chi 1:00-3:00 Friends' Meeting 1:00-3:00 Card Club 7:00-9:00 Music Circle at Silvermont	17 9:30 -12:00 Lunch Plus 11:00-11:50 Ageless Grace 10:00-12:00 Sit & Stitch 1:00-3:45 Mah-Jongg 12:45-3:45 Glenn Cannon Bridge 2:30 -3:30 Mindfulness Meditation	18 9:00-9:45 Dance Fit 9:30-11:00 Museum Tours 9:30 -12:00 Lunch Plus 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs 2:00-3:45 Wood Carvers	19 9:30-12:00 Lunch Plus 11:00-11:30 Strength & Stretch 10:00-10:30 Stride for your Health 1:00-3:30 Museum Tours
22 9:30 -12:00 Lunch Plus 10:15-11:00 Range of Motion 1:00-3:45 Mah-Jongg 1:30-3:00 Readers' Theatre Live Performance	23 9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 1:00-2 :00 Tai Chi 1:00-3:00 Card Club 7:00-9:00 Music Circle at Silvermont	24 9:30 -12:00 Lunch Plus 10:00-12:00 Sit & Stitch 11:00-11:50 Ageless Grace 1:00-3:45 Mah-Jongg	25 9:00-9:45 Dance Fit 9:30 -12:00 Lunch Plus 9:30-11:00 Museum Tours 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs	26 9:30- 12:00 Lunch Plus 11:00 -11:30 Strength & Stretch 1:00-3:30 Museum Tours
29 9:00 - 9:45 Chi-Gong 9:30 -12:00 Lunch Plus 10:15 -11:00 Range of Motion 1:00-3:45 Mah-Jongg 1:00 -3:30 Open Art 1:00 -2:30 Readers' Theatre	30 9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 1:00-2 :00 Tai Chi 1:00-3:00 Card Club 7:00-9:00 Music Circle at Silvermont			