

## June 2023 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>FREE BAYSIDE YMCA PROGRAMS FOR PECK CENTER MEMBERS</b>            SILVER SNEAKERS - Tuesdays &amp; Thursdays, 1:30pm - 2:30pm            CHAIR YOGA - Thursday 12:10pm - 1:10pm            ZUMBA - Tuesdays &amp; Thursdays 11:00am - 12:00pm            To participate, you must call the YMCA, 245-2444, within 24 hours of class time to register and show your Peck Center scan card upon arrival.</p>			<p><b>1</b> 9:15-10am - Cardio Class            10:15-11am - Cardio Class            10:30-11:30 - Blood Pressure            12:10pm - Chair Yoga at YMCA            1:00pm...Shopping at Shaw's            1:00pm - 3:30pm - Bingo</p>	<p><b>2</b> 9:30am-11am - Cribbage            10-11:15am - Yoga Mat class            10:45-11:45am - Shuffleboard &amp; Soft Bocce</p>
<p><b>5</b> 9:15-10:15am - Meditation            12:45-3:30pm - Mah Jongg            1:00-3:00pm - Memoir Writing            1-3pm - Alzheimer's Caregiver Support Group - Trustee Rm</p>	<p><b>6</b> 9-10am - Blood Pressure            9:15-10am - Cardio Class            10:15-11am - Cardio Class            12:30-3:30pm - Benefit Rep            12:45-3:30pm - Hand &amp; Foot            12:30-1:30pm - Line Dancing            1:45-3:30pm Flowers for Everyone            2:15-3:45pm - Shuffleboard &amp; Bocce</p>	<p><b>7</b> 9:15-10:15 - Chair Yoga            9:30-10:30 - Friends Board Mtg.            10:30-11:30 - Chair Yoga            11:45 -12:45pm Chair Yoga            1:00-3:30pm - Bridge            1:00-3:30pm - Canasta            1:00pm - Pharmacy Outreach talk</p>	<p><b>8</b> 9:15-10am - Cardio Class            10:15-11am - Cardio Class            12:10pm - Chair Yoga at YMCA            1:00pm...Shopping at Shaw's            1:00pm - 2:00pm - Book Club            1:00pm - 3:30pm - Bingo            7pm - SSAB Meeting</p>	<p><b>9</b>            9:30am-11am - Cribbage            10-11:15am - Yoga Mat class            10:45-11:45am - Shuffleboard &amp; Soft Bocce</p>
<p><b>12</b> 9:15-10:15am - Meditation            12:45-3:30pm - Mah Jongg            1:15 Mah Jongg Class, 1st session</p>	<p><b>13</b> 9:15-10am - Cardio Class            10:15-11am - Cardio Class            12:30-3:30pm - Benefit Rep            12:45-3:30pm - Hand &amp; Foot            12:30-1:30pm - Line Dancing            2:15-3:45pm - Shuffleboard &amp; Bocce</p>	<p><b>14</b> 9:15-10:15 - Chair Yoga            10:30-11:30 - Chair Yoga            11:45 -12:45pm Chair Yoga            1:00-3:30pm - Bridge            1:00-3:30pm - Canasta</p>	<p><b>15</b> 9:15-10am - Cardio Class            10:15-11am - Cardio Class            10:30-11:30am - Blood Pressure            12:10pm - Chair Yoga at YMCA            1:00pm - Shopping at Shaw's            1:00pm - 3:30pm - Bingo            1:00pm - Fireside Chat</p>	<p><b>16</b>            9:30am-11am - Cribbage            10-11:15am - Yoga Mat class            10:45-11:45am - Shuffleboard &amp; Soft Bocce</p>
<p><b>19</b>   <b>CENTER            CLOSED FOR            HOLIDAY</b></p>	<p><b>20</b> 9:15-10am - Cardio Class            10:15-11am - Cardio Class            11:15-12:15pm - Chair Yoga            12:30-3:30pm - Benefit Rep            12:45-3:30pm - Hand &amp; Foot            12:30-1:30pm - Line Dancing            2:15-3:45pm - Shuffleboard &amp; Bocce</p>	<p><b>21</b> 9:15-10:15 - Chair Yoga            10-11am - Blood Pressure            10:30-11:30 - Chair Yoga            11:45 -12:45pm Chair Yoga            1:00-3:30pm - Bridge            1:00-3:30pm - Canasta</p>	<p><b>22</b> 9:15-10am - Cardio Class            10:15-11am - Cardio Class            10:30-11:30am - Blood Pressure            12:10pm - Chair Yoga at YMCA            1:00pm - Shopping at Shaw's            1:00pm - 3:30pm - Bingo</p>	<p><b>23</b>            9:30am-11am - Cribbage            10-11:15am - Yoga Mat class            10:45-11:45am - Shuffleboard &amp; Soft Bocce</p>
<p><b>26</b> 9:15-10:15am - Meditation            12:45-3:30pm - Mah Jongg            1:00-3:00pm - Memoir Writing            1:15 Mah Jongg Class, 2nd session</p>	<p><b>27</b> 9:15-10am - Cardio Class            10:15-11am - Cardio Class            11:15-12:15pm - Chair Yoga            12:30-3:30pm - Benefit Rep            12:45-3:30pm - Hand &amp; Foot            12:30-1:30pm - Line Dancing            2:15-3:45pm - Shuffleboard &amp; Bocce            2:30 - 3:45pm - EBCAP Community Health Worker</p>	<p><b>28</b> 9:15-10:15 - Chair Yoga            10:30-11:30 - Chair Yoga            11:45 -12:45pm Chair Yoga            1:00-3:30pm - Bridge            1:00-3:30pm - Canasta</p>	<p><b>29</b> 9:15-10am - Cardio Class            10:15-11am - Cardio Class            12:10pm - Chair Yoga at YMCA            1:00pm - Shopping at Shaw's            1:00pm - 3:30pm - Bingo</p>	<p><b>30</b>            9:30am-11am - Cribbage            10-11:15am - Yoga Mat class            10:45-11:45am - Shuffleboard &amp; Soft Bocce</p>