

## July 2023 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b> 9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg</p> <p>1-3pm - Alzheimer's Caregiver Support Group - Trustee Rm</p>	<p><b>4</b></p> <p style="color: red; font-weight: bold; font-size: 1.2em;">CENTER CLOSED FOR HOLIDAY</p>	<p><b>5</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>6</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>7</b> 9:30am-11am - Cribbage 10-11:15am - Yoga Mat class 10:45-11:45am - Shuffleboard &amp; Soft Bocce</p>
<p><b>10</b> 9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1:15 Mah Jongg Class</p>	<p><b>11</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>12</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</p>	<p><b>13</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>14</b> 9:30am-11am - Cribbage 10-11:15am - Yoga Mat class 10:45-11:45am - Shuffleboard &amp; Soft Bocce</p>
<p><b>17</b> 9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1:15 Mah Jongg Class</p>	<p><b>18</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>19</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>20</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>21</b> 9:30am-11am - Cribbage 10-11:15am - Yoga Mat class 10:45-11:45am - Shuffleboard &amp; Soft Bocce</p>
<p><b>24</b> 9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1:15 Mah Jongg Class</p>	<p><b>25</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>26</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>27</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>28</b> 9:30am-11am - Cribbage 10:45-11:45am - Shuffleboard &amp; Soft Bocce</p>
<p><b>31</b> 9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1:15 Mah Jongg Class</p>	<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>			