



JULY 2019



Grace Martin Harwell Senior Center, Washington NC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:00: Shuffleboard 8:15: Yoga 9:00 - 11:00: Blood Pressure Check 9:30: Tai Chi 10:30: BINGO 1:00: Needlecraft 5:30: Restorative Yoga	2 8:15: Aerobics 9:15: Painting 11:00: Int. Line Dancing 11:00: AHOY-Choco 1:00: Mah Jongg 5:30: Pickleball 5:45: Mat Yoga	3	4 SENIOR CENTER CLOSED - 4TH OF JULY 	5 8:30: Senior Games Practice 8:15: Yoga 9:30: Tai Chi 11:00: AHOY-Sr Cntr	6
7	8 8:15: Yoga 9:00 - 11:00: Blood Pressure Check 9:30: Tai Chi 10:30: BINGO 1:00: Needlecraft 5:30: Restorative Yoga	9 8:15: Aerobics 9:15: Painting 11:00 Beg. Line Dancing 11:00: AHOY-Choco 1:00: Mah Jongg 5:30: Pickleball 5:45: Mat Yoga	10 10:00: Quilt Guild 1:00: Golden Card Ladies <u>2:00: Matter of Balance</u> 3:00: Brain Builders	11 8:15: Aerobics 8:30: Pickleball 10:30: AHOY-East Haven 1:00: Bridge 1:00: Canasta 7:00: Senior Dance	12 8:30: Senior Games Practice 8:15: Yoga 9:00: Massages 9:30: Tai Chi 11:00: AHOY-Sr Cntr 2:00 MOVIE TIME!	13
14	15 8:00: Shuffleboard 8:30: Yoga 9:00 - 11:00: Blood Pressure Check 9:30: Tai Chi 10:30: BINGO 1:00: Needlecraft 5:30: Restorative Yoga	16 8:15: Aerobics 9:15: Painting 11:00: AHOY-Choco 1:00: Mah Jongg 3:30: Grief Support 5:30: Pickleball 5:45: Mat Yoga	17 2:00: Partners Board Meeting <u>2:00: Matter of Balance</u>	18 8:15: Aerobics 8:30: Pickleball 10:30: AHOY-East Haven 11:00: Int. Line Dancing 1:00: Bridge 1:00: Canasta	19 8:30: Senior Games Practice 8:15: Yoga 9:30: Tai Chi 11:00: AHOY-Sr Cntr	20
21	22 8:15: Yoga 9:00 - 11:00: Blood Pressure Check 9:30: Tai Chi 10:30: BINGO 1:00: Needlecraft 5:30: Caregivers Support 5:30: Restorative Yoga	23 8:15: Aerobics 9:15: Painting 11:00: AHOY-Choco 1:00: Mah Jongg 5:30: Pickleball 5:45: Mat Yoga	24 <u>9:00 Wood Ducks</u> <u>Baseball Day Trip</u> 10:00: Quilt Guild <u>2:00: Matter of Balance</u> 3:00: River Readers	25 8:15: Aerobics 8:30: Pickleball 10:30: AHOY-East Haven 11:00 Beg. Line Dancing 1:00: Bridge 1:00: Canasta	26 8:30: Senior Games Practice 8:15: Yoga 9:30: Tai Chi 11:00: AHOY-Sr Cntr	27
28	29 8:15: Yoga 9:00 - 11:00: Blood Pressure Check 9:30: Tai Chi 10:30: BINGO 1:00: Needlecraft 5:30: Restorative Yoga	30 8:15: Aerobics 9:15: Painting 11:00: AHOY-Choco 1:00: Mah Jongg 2:00: Beaufort Co. Traditional Music 5:30: Pickleball 5:45: Mat Yoga	31 <u>2:00: Matter of Balance</u>	Activities located outside Senior Center are in BOLD .	Special Events & Events which require pre-registration are <u>UNDERLINED</u> .	