

2 Sunday Dinner 11 a.m. to 1 p.m.	3 Ford Retirees 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Dancing 3:00 Balance	4 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers 7:00 Coin Club	5 Birthday Dinner 9:00 Movin' &Groovin' 10:00 Enhance®Fitness 10:00 BP Checks 12:00 Pinochle 3:00 Balance	6 Medicare by appointment 9:00 Balance Exercise 10:15 Chair Yoga Noon Class of '69 4:15 Tai Chi 7:00 Model A Club	7 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet Noon Meal 11:00 to 1:00 11:00 Pinochle
9 Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m.	10 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Dancing 1:00 Writing with Betsy 3:00 Balance	11 Class of '58 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers 7:00 Coin Club	12 Monroe Senior Legal 9:00 Movin' &Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 1:30 Movie 3:00 Balance 5:00 Trivia w/JoAnn aka Mikie and Louise	13 Rummage/Bake Medicare by appointment 9:00 Balance Exercise 10:15 Chair Yoga on Patio 11:30 Library in Motion 1:30 Habits for Health 4:15 Tai Chi 4:30 Let's Talk Health with Maurine	14 Rummage/Bake 8:45 Cardi-Yo 10:00 Enhance®Fitness (on patio—weather ??) 11:30 Pinochle 12:00 Knit / Crochet Noon Meal 11:00 to 1:00 11:00 Pinochle
16 Sunday Dinner 11 a.m. to 1 p.m	17 Newsletter Crew 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 11:30 Lunch & Learn Noon Classes of '65 & '66 12:00 Pinochle 1:00 Dancing / 3:00 Balance	18 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers	19 Class of '67 BK 9:00 Movin' &Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	20 Medicare by appointment 9:00 Balance Exercise 10:15 Chair Yoga 3:00 Craft — Sign up 4:15 Tai Chi	21 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet 4:00 Karaoke / Potluck Noon Meal 11:00 to 1:00 11:00 Pinochle
23 Sunday Dinner 11 a.m. to 1 p.m	24 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Dancing / 3:00 Balance	25 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers	26 Monroe Senior Legal 9:00 Movin' &Groovin' 10:00 Enhance®Fitness 11:30 Over 90 Party 12:00 Pinochle 3:00 Balance	27 Medicare by appointment 9:00 Balance Exercise 10:15 Chair Yoga 11:30 Health Odyssey 1:00 Book Club 2:00 Writing 4:15 Tai Chi	28 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet Noon Meal 11:00 to 1:00 11:00 Pinochle
30 \$6 BBQ RIB Dinner 11 to 1 p.m.	31 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 11:00 Soup & Sandwich 12:00 Pinochle 1:00 Dancing/3:00 Balance	  			
					734-241-0404