

# June

MON	TUE	WED	THU	FRI
	Green—Senior social Black—Senior Fitness Blue—Learn at the Y			
<b>3</b> 8:15am—Senior Aqua	<b>4</b> 10:00am—Silver Sneakers	<b>5</b> 10:00am—Aqua Fit	<b>6</b> 10:00am—Silver Sneakers	<b>7</b> 10:00am—Cards/Board games
<b>10</b> 8:15am—Senior Aqua	<b>11</b> 10:00am—Silver Sneakers 8:00am—Coffee and Conversation	<b>12</b> 10:00am—Aqua Fit	<b>13</b> 10:00am—Silver Sneakers	<b>14</b> 10:00am—Cards/Board games
<b>17</b> 8:15am—Senior Aqua	<b>18</b> 10:00am—Silver Sneakers	<b>19</b> 10:00am—Aqua Fit	<b>20</b> 8:00am—Coffee and Conversation 10:00am—Silver Sneakers	<b>21</b> 10:00am—Cards/Board games
<b>24</b> 8:15am—Senior Aqua	<b>25</b> 10:00am—Silver Sneakers	<b>26</b> 10:00am—Aqua Fit 1pm—Y—101 (learn about your membership)	<b>27</b> 10:00am—Silver Sneakers	<b>28</b> 10:00am—Cards/Board games



Date TBD

**SEMINAR  
PRESENTED  
BY**

