



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Class information subject to change.</i></p>	<p>1 9am Stretcherize—FA 10am Healthy Aging—WS</p> <p>1pm Balance & Stretch-FA 2pm Cornhole—FA</p>	<p>2 9:30am **PowerBall—FA 10:15am Walking Club @ Salem Lake - pack your lunch for a picnic</p> <p>1:30pm Chair Exercise—FA 2:30pm **Yoga—WS</p>	<p>3 9am Stretcherize—FA</p> <p>1pm Balance Class—FA 2pm **Air Boxing—WS</p>	<p>4 No Woof Walks in June. 9:30am *PowerBall</p> <p>1pm Wellness Committee 1:30pm Chair Exercise—FA 2:30pm *Mat Yoga—WS 6:30pm Elite Canine Dogs Visits—WS</p>	<p>5 WEAR PURPLE DAY 9am Stretcherize</p> <p>1pm Tai Chi & Meditation-WS 2pm Memory Care Event with Alzheimer's rep, Ashley Collier—FA</p>	<p>6 <u>Announcements</u> Massage by appt. (Tue.), Wed., Thur. Sign up in Activity Book</p>
<p>7 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA</p>	<p>8 9am Stretcherize—FA 10am Healthy Aging—WS</p> <p>1pm Balance & Stretch-FA 2pm Cornhole—FA</p>	<p>9 9:30am **PowerBall—FA</p> <p>1:30pm Chair Exercise—FA 2:30pm **Yoga—WS</p>	<p>10 9am Stretcherize—FA</p> <p>1pm Balance Class—FA 2pm **Air Boxing—WS 2pm Bible Study—WS</p>	<p>11 Dana out of office NOTICE CLASS CHANGES 9:30am **PowerBall—FA</p> <p>1:30pm Chair Exercise—FA 2:30pm **Yoga—WS 2pm Cardio Drum w/Tiffany</p>	<p>12 Dana out of office NOTICE CLASS CHANGES 9am Stretcherize—FA</p> <p>1pm Tai Chi & Meditation 2pm Cardio Drum w/Tiffany 2pm Resident-led Cornhole</p>	<p>13 Salon Thur./Fri. 9am—3pm Sign up w/Tammy</p>
<p>14 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA</p>	<p>15 9am Stretcherize—FA 10am Healthy Aging—WS</p> <p>1pm Balance & Stretch-FA 2pm Cornhole—FA</p>	<p>16 9:30am **PowerBall—FA 10am On-campus walk (meet at front desk)</p> <p>1:30pm Chair Exercise—FA 2:30pm **Yoga—WS 3:30pm Town Hall</p>	<p>17 9am Stretcherize—FA</p> <p>1pm Balance Class—FA 2pm **Air Boxing—WS</p>	<p>18 9:30am **PowerBall—FA 10am PowerBall Video Rehearsal</p> <p>1:30pm Chair Exercise—FA 2:30pm **Yoga—WS</p>	<p>19 Juneteenth 9am Stretcherize—FA</p> <p>1pm Tai Chi & Meditation-WS 2pm Cornhole & Memory Match Game—WS</p>	<p>20 IL Clinic available by appt. Wednesdays 9am—12pm Call: 336-414-5757</p>
<p>21 Father's Day 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA</p>	<p>22 9am Stretcherize—FA 10am Healthy Aging—WS</p> <p>1pm Balance & Stretch-FA 2pm Cornhole—FA</p>	<p>23 9:30am **PowerBall—FA</p> <p>1:30pm Chair Exercise—FA 2:30pm **Yoga—WS</p>	<p>24 9am Stretcherize—FA</p> <p>1pm Balance Class—WS 2pm Bible Study—WS 2-4pm Classic Car Show & Men's Health Booth (w/snacks & Putting Green)</p>	<p>25 9:30am **PowerBall—FA 10am PowerBall Video Rehearsal</p> <p>1:30pm Chair Exercise—FA 2:30pm **Yoga—WS</p>	<p>26 9am Stretcherize—FA</p> <p>1pm Tai Chi & Meditation-WS 2pm Cardio Drum w/Tiffany</p>	<p>27 <u>Class Locator</u> WS = Wellness Studio FA= Feezor Auditorium Ch = Chapel ** Indicates high impact or advanced</p>
<p>28 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA</p>	<p>29 9am Stretcherize—FA 10am Healthy Aging—WS</p> <p>1pm Balance & Stretch-FA 2pm Cornhole—FA</p>	<p>30 9:30am **PowerBall—FA 10am On-campus walk (meet at front desk)</p> <p>1:30pm Chair Exercise—FA 2:30pm **Yoga—WS</p>				