









June 2011

Mon Jitney Pick-Up Service	Tue Jitney Pick-Up Service	Wed Jitney Pick-Up Service	Thu Jitney Pick-Up Service	Fri
 <p style="font-size: 2em; margin: 0;">Senior ArtFest Exhibit</p> <p style="margin: 0;"><i>June 6 - 24</i></p> <p style="font-size: 2em; margin: 0;">People's Choice Exhibit</p> <p style="margin: 0;">June 27 - July 23</p>		<p style="text-align: right; font-weight: bold;">1</p> <p>9 Ceramics Studio -Open 9 Scrabble/ Game Play 9 Table Tennis - Every Wednesday 11:30 Lunch – every weekday 9 Table Tennis - Every Wednesday 12 Open Art Studio - Every Wednesday 12 Mah Jongg 12 Woodcarving - Every Wednesday 1 Bingo</p>	<p style="text-align: right; font-weight: bold;">2</p> <p>9 Comm. on Aging 9 Ceramics 9 Quilting & Sewing Group 9 Woodworking - Every Thursday 9 Walking Club - Every Thursday 9:30 Intro to Computers 9:30 Stretch, Flex & Tone-Chair Exercise 9:45 Too Fit to Quit 11 Open Bridge - Every Thursday 11:30 Lunch – every weekday 11:15 Zumba Gold 11:30 Canasta 12:15 Sign Language</p>	<p style="text-align: right; font-weight: bold;">3</p> <p>9 Table Tennis 9 Too Fit to Quit Boot Camp 10 Beginning Painting 11 Pool Walking 11:30 Lunch - every weekday 12 Mah Jongg 12 Open Art Studio 12 Open Computer Lab</p>
<p style="text-align: right; font-weight: bold;">6</p> <p>9 Conversational Spanish 9 Ceramics & More - Every Monday 9 Table Tennis - Every Monday 9 Tai Chi Open Practice 9 Woodworking 10 Beginning Bridge 10 Bridge-Open Play 10 Russian Bingo– Weekly 10 Chair Yoga 11 Pool 11:30 Lunch – every weekday 12 Mah Jongg – Every Monday 1 Bingo</p>	<p style="text-align: right; font-weight: bold;">7</p> <p>9 Walking Club - Every Tues. 9 Woodworking - Every Tues. 9:30 Stretch, Flex & Tone-Chair Exercise 9:45 Too Fit to Quit/Exercise 10 Intermediate Painting 10 Singing - Every Tues. 10 Tai Chi Beginning 10:45 Dancercise 11 Tai Chi Intermediate 12 Open Dance - Every Tues. 1 Intermediate Bridge Lessons</p> <p style="text-align: center;">Arts Within Reach – Bellissima! 7 p.m.</p>	<p style="text-align: right; font-weight: bold;">8</p> <p>9 Ceramics Studio -Open 9 Scrabble/ Game Play 9 Blood Pressure Screening 9 Edward Jones Financial Workshop 10 Smart Money 10 Yoga 11:30 Lunch – every weekday 12 Open Art Studio - Every Wednesday 12 Mah Jongg 12 Woodcarving - Every Wednesday 1 Bingo</p>	<p style="text-align: right; font-weight: bold;">9</p> <p>9 Ceramics 9 Woodworking - Every Thursday 9 Walking Club - Every Thursday 9:30 Intro to Computers 9:30 Stretch, Flex & Tone-Chair Exercise 9:45 Too Fit to Quit 11 Open Bridge - Every Thursday 11:30 Lunch – every weekday 11:15 Zumba Gold 11:30 Canasta 12:15 Sign Language</p> <p style="text-align: center;">Senior ArtFest Reception 4 pm</p>	<p style="text-align: right; font-weight: bold;">10</p> <p>9 Pottery Studio 9 Table Tennis 9 Too Fit to Quit Boot Camp 9:30 SCAC Meeting 10 Beginning Painting 10:45 Computer Learning Center Council Mtg. 11 Pool Walking 11:30 Lunch - every weekday 12 Mah Jongg 12 Open Art Studio 12 Open Computer Lab</p>
<p style="text-align: right; font-weight: bold;">13</p> <p>9 Conversational Spanish 9 Tai Chi Open Practice 9 Woodworking 9:30 Just Starting with Computers 10 Beginning Bridge 10 Bridge-Open Play 10 Chair Yoga 11 Pool 12 SAF Lunch & Learn – Jewelry Demo 1 Classic Movies</p>	<p style="text-align: right; font-weight: bold;">14</p> <p>9 Woodworking - Every Tues. 9:30 Stretch, Flex & Tone-Chair Exercise 9:30 Savvy Trip - Va Aquarium 9:45 Too Fit to Quit/Exercise 10 Intermediate Painting 10 Mah Jongg Lessons - New 10 Tai Chi Beginning 10:45 Dancercise 11 Tai Chi Intermediate 12 Open Dance 12 SAF Lunch & Learn - Woodworking Demo</p> <div style="text-align: center;"></div>	<p style="text-align: right; font-weight: bold;">15</p> <p>9 Ceramics Studio -Open 9 Scrabble/ Game Play 10 Yoga 11:30 SAVVY Singles meeting 12 Woodcarving - Every Wednesday 12 SAF Lunch & Learn - Woodcarving 12 Mah Jongg 1 Bingo</p>	<p style="text-align: right; font-weight: bold;">16</p> <p>9 Ceramics 9 Quilting & Sewing Group 9:30 Stretch, Flex & Tone-Chair Exercise 9:30 55 Alive Driving 9:45 Too Fit to Quit 11:30 Lunch – every weekday 11:15 Zumba Gold 11:30 Canasta 12 SAF Lunch & Learn - Oriental Painting 12:15 Sign Language</p>	<p style="text-align: right; font-weight: bold;">17</p> <p>8:30 Norfolk Task Force on Aging 9 Pottery Studio 9 Table Tennis 9 Too Fit to Quit Boot Camp 9:30 55 Alive Driving 10 Beginning Painting 11 Pool Walking 12 Mah Jongg 12 Open Art Studio 12 Open Computer Lab 12 SAF Lunch & Learn –Quilting</p>
<p style="text-align: right; font-weight: bold;">20</p> <p>9 Conversational Spanish 9 Table Tennis 9 Tai Chi Open Practice 9 Woodworking 9:30 Just Starting with Computers 10 Beginning Bridge 10 Bridge-Open Play 10 Chair Yoga 11 Pool 12 SAF Lunch & Learn</p>	<p style="text-align: right; font-weight: bold;">21</p> <p>9 Walking Club 9 Woodworking 9:30 Stretch, Flex & Tone-Chair Exercise 9:45 Too Fit to Quit/Exercise 10 Intermediate Painting 10 Mah Jongg Lessons 10 Tai Chi Beginning 10:45 Dancercise 11 Tai Chi Intermediate 12 Open Dance 12 SAF Lunch & Learn - Meet the Artists</p>	<p style="text-align: right; font-weight: bold;">22</p> <p>9 Bereavement Support Group 9 Ceramics Studio -Open 9 Scrabble/ Game Play 10 Yoga 10 Preventing Dementia & Late Life Depression 12 Mah Jongg 12 Woodcarving - Every Wednesday 12 SAF Lunch & Learn- Explanation 1 Bingo</p>	<p style="text-align: right; font-weight: bold;">23</p> <p>9 Ceramics 9:30 Stretch, Flex & Tone-Chair Exercise 9:45 Too Fit to Quit 10:30 AARP Chapter meeting 11:30 Lunch – every weekday 11:15 Zumba Gold 11:30 Canasta 12 SAF Lunch & Learn - Clay Handbuilding 2 Comm. on Disabilities</p>	<p style="text-align: right; font-weight: bold;">24</p> <p>9 Pottery Studio 9 Table Tennis 9 Too Fit to Quit Boot Camp 9:30 Shopping Trip: Farmer's Market 10 Open Art Studio (No instructor) 10 Beginning Painting 11 Pool Walking 12 Mah Jongg 12 Open Art Studio 12 SAF Lunch & Learn - Art Presentation</p> <div style="text-align: center;"></div>
<p style="text-align: right; font-weight: bold;">27</p> <p>9 Conversational Spanish 9 Tai Chi Open Practice 9 Woodworking 9:30 Just Starting with Computers 10 Beginning Bridge 10 Bridge-Open Play 10 Chair Yoga 11 Pool</p> <p style="text-align: center;">People's Choice Exhibit</p>	<p style="text-align: right; font-weight: bold;">28</p> <p>9:30 Stretch, Flex & Tone-Chair Exercise 9:45 Too Fit to Quit/Exercise 10 Tai Chi Beginning 10 Intermediate Painting 10 Mah Jongg Lessons 10:45 Dancercise 11 Choir Performance 11 Tai Chi Intermediate 12 Open Dance</p> <p style="text-align: center;">People's Choice Exhibit</p>	<p style="text-align: right; font-weight: bold;">29</p> <p>9 Ceramics Studio -Open 9 Scrabble/ Game Play 10 Yoga 12 Mah Jongg 12 Woodcarving - Every Wednesday 1 Bingo</p> <p style="text-align: center;">People's Choice Exhibit</p>	<p style="text-align: right; font-weight: bold;">30</p> <p>9 Ceramics 9:30 Stretch, Flex & Tone-Chair Exercise 9:45 Too Fit to Quit 11:30 Lunch – every weekday 11:15 Zumba Gold 11:30 Canasta</p> <p style="text-align: center;">People's Choice Exhibit</p>	<p style="text-align: right; font-weight: bold;">25</p> <p>9-1 Shredding Event</p>

July 2011

Mon	Tue	Wed	Thu	Fri
Jitney Pick-Up Service	Jitney Pick-Up Service	Jitney Pick-Up Service	Jitney Pick-Up Service	
 <h2 style="color: blue;">People's Choice Exhibit</h2> <p>June 27 - July 22</p>				<p>9 Table Tennis</p> <p>9 Too Fit to Quit Boot Camp</p> <p>11 Pool Walking</p> <p>11:30 Lunch - every weekday</p> <p>12 Mah Jongg</p> <p>12 Open Art Studio</p> <p style="text-align: center;">People's Choice Exhibit</p>
<p style="text-align: right;">4</p> <p style="font-size: 2em; color: blue;">Primeplus & NFWC Closed</p> 	<p style="text-align: right;">5</p> <p>9 Walking Club - Every Tues.</p> <p>9 Woodworking - Every Tues.</p> <p>9:30 Stretch, Flex & Tone-Chair Exercise</p> <p>9:45 Too Fit to Quit/Exercise</p> <p>10 Intermediate Painting - Every Tues.</p> <p>10 Singing - Every Tues.</p> <p>10 Tai Chi Beginning</p> <p>10 Mah Jongg Lessons</p> <p>11 Tai Chi Intermediate</p> <p>11:30 Lunch – every weekday</p> <p>12 Open Dance - Every Tues</p> <p>12 Open Art Studio - Every Tues.</p> <p style="text-align: center;">People's Choice Exhibit</p>	<p style="text-align: right;">6</p> <p>9 Cell phone Training</p> <p>9 Ceramics Studio -Open</p> <p>9 Scrabble/ Game Play</p> <p>9 Table Tennis - Every Wednesday</p> <p>10 Yoga</p> <p>11:30 Lunch – every weekday</p> <p>11 Table Tennis - Every Wednesday</p> <p>12 Open Art Studio - Every Wednesday</p> <p>12 Mah Jongg</p> <p>12 Woodcarving - Every Wednesday</p> <p>1 Bingo</p> <p style="text-align: center;">People's Choice Exhibit</p>	<p style="text-align: right;">7</p> <p>9 Comm. on Aging</p> <p>9 Quilting & Sewing Group</p> <p>9 Ceramics & More</p> <p>9 Woodworking - Every Thursday</p> <p>9 Walking Club - Every Thursday</p> <p>9:30 Stretch, Flex & Tone-Chair Exercise</p> <p>9:45 Too Fit to Quit</p> <p>10:00 Oriental Brush Painting –New series</p> <p>11 Open Bridge - Every Thursday</p> <p>11:15 Zumba Gold</p> <p>11:30 Canasta</p> <p>12:15 Sign Language</p> <p style="text-align: center;">People's Choice Exhibit</p>	<p style="text-align: right;">8</p> <p>9 Pottery Studio</p> <p>9 Table Tennis</p> <p>9 Too Fit to Quit Boot Camp</p> <p>10 Shopping Trip: Walmart</p> <p>10 Beginning Violin lessons</p> <p>10 Beginning Painting</p> <p>11 Pool Walking</p> <p>11:30 Lunch - every weekday</p> <p>12 Mah Jongg</p> <p>12 Open Art Studio</p> <p style="text-align: center;">People's Choice Exhibit</p> 
<p style="text-align: right;">11</p> <p>9 Ceramics & More</p> <p>9 Conversational Spanish</p> <p>9 Table Tennis</p> <p>9 Tai Chi Open Practice</p> <p>9 Woodworking</p> <p>10 Beginning Bridge</p> <p>10 Bridge-Open Play</p> <p>10 Chair Yoga</p> <p>10 Russian Bingo– Weekly</p> <p>11 Pool</p> <p>12 Mah Jongg</p> <p>1 Classic Movies</p> <p style="text-align: center;">People's Choice Exhibit</p>	<p style="text-align: right;">12</p> <p>9:30 Stretch, Flex & Tone-Chair Exercise</p> <p>9:30 Savvy Trip - Edenton, NC</p> <p>9:45 Too Fit to Quit/Exercise</p> <p>10 Mah Jongg Lessons</p> <p>10 Tai Chi Beginning</p> <p>10 Benefits of Social Security</p> <p>11 Tai Chi Intermediate</p> <p>12 Open Dance</p> <p>12 Open Art Studio</p> <p style="text-align: center;">People's Choice Exhibit</p> 	<p style="text-align: right;">13</p> <p>9 Ceramics Studio -Open</p> <p>9 Scrabble/ Game Play</p> <p>9 Blood Pressure Screening</p> <p>9 Edward Jones Financial Workshop</p> <p>10 Smart Money</p> <p>10 Yoga</p> <p>12 Woodcarving - Every Wednesday</p> <p>12 Mah Jongg</p> <p>1 Bingo</p> <p style="text-align: center;">People's Choice Exhibit</p>	<p style="text-align: right;">14</p> <p>9 Ceramics & More</p> <p>9:30 Stretch, Flex & Tone-Chair Exercise</p> <p>9:45 Too Fit to Quit</p> <p>10:00 Oriental Brush Painting</p> <p>11:15 Zumba Gold</p> <p>11:30 Lunch – every weekday</p> <p>11:30 Canasta</p> <p>11:30 Lunch – every weekday</p> <p>12:15 Sign Language</p> <p style="text-align: center;">People's Choice Exhibit</p>	<p style="text-align: right;">15</p> <p>9 Pottery Studio</p> <p>9 Table Tennis</p> <p>9 Too Fit to Quit Boot Camp</p> <p>10 Beginning Violin lessons</p> <p>10 Beginning Painting</p> <p>11 Pool Walking</p> <p>11:30 Lunch - every weekday</p> <p>12 Mah Jongg</p> <p>12 Open Art Studio</p> <p style="text-align: center;">People's Choice Exhibit</p>
<p style="text-align: right;">18</p> <p>9 Ceramics & More</p> <p>9 Conversational Spanish</p> <p>9 Table Tennis</p> <p>9 Tai Chi Open Practice</p> <p>9 Woodworking</p> <p>10 Beginning Bridge</p> <p>10 Bridge-Open Play</p> <p>10 Chair Yoga</p> <p>10 Russian Bingo</p> <p>11 Pool</p> <p>12 Mah Jongg</p> <p style="text-align: center;">People's Choice Exhibit</p>	<p style="text-align: right;">19</p> <p>9:30 Stretch, Flex & Tone-Chair Exercise</p> <p>9:45 Too Fit to Quit/Exercise</p> <p>10 Intermediate Painting</p> <p>10 Mah Jongg Lessons</p> <p>10 Tai Chi Beginning</p> <p>11 Tai Chi Intermediate</p> <p>12 Open Dance</p> <p>12 Open Art Studio</p> <p style="text-align: center;">People's Choice Exhibit</p>	<p style="text-align: right;">20</p> <p>9 Ceramics Studio -Open</p> <p>9 Scrabble/ Game Play</p> <p>10 Yoga</p> <p>11:30 SAVVY Singles meeting</p> <p>12 Mah Jongg</p> <p>12 Woodcarving - Every Wednesday</p> <p>1 Bingo</p> <p style="text-align: center;">People's Choice Exhibit</p>	<p style="text-align: right;">21</p> <p>9 Quilting & Sewing Group</p> <p>9 Ceramics & More</p> <p>9:30 55 Alive Driving</p> <p>9:30 Stretch, Flex & Tone-Chair Exercise</p> <p>9:45 Too Fit to Quit</p> <p>10:00 Oriental Brush Painting</p> <p>11:30 Lunch – every weekday</p> <p>11:15 Zumba Gold</p> <p>11:30 Canasta</p> <p>12:15 Sign Language</p> <p style="text-align: center;">People's Choice Exhibit</p>	<p style="text-align: right;">22</p> <p>9 Pottery Studio</p> <p>9 Table Tennis</p> <p>9 Too Fit to Quit Boot Camp</p> <p>9:30 55 Alive Driving</p> <p>10 Beginning Painting</p> <p>10 Beginning Violin lessons</p> <p>11 Pool Walking</p> <p>11:30 Lunch - every weekday</p> <p>12 Mah Jongg</p> <p>12 Open Art Studio</p> <p style="text-align: center;">People's Choice Exhibit</p>
<p style="text-align: right;">25</p> <p>9 <i>Ceramics & More</i></p> <p>9 Conversational Spanish</p> <p>9 Table Tennis</p> <p>9 Tai Chi Open Practice</p> <p>9 Woodworking</p> <p>10 Beginning Bridge</p> <p>10 Bridge-Open Play</p> <p>10 Chair Yoga</p> <p>10 Russian Bingo</p> <p>11 Pool</p> <p>12 Mah Jongg</p>	<p style="text-align: right;">26</p> <p>9:30 Stretch, Flex & Tone-Chair Exercise</p> <p>9:45 Too Fit to Quit/Exercise</p> <p>10 Intermediate Painting</p> <p>10 Tai Chi Beginning</p> <p>10 Mah Jongg Lessons</p> <p>11 Tai Chi Intermediate</p> <p>11:30 Lunch – every weekday</p> <p>12 Open Dance</p> <p>12 Open Art Studio</p>	<p style="text-align: right;">27</p> <p>9 Bereavement Support Group</p> <p>9 Ceramics Studio -Open</p> <p>9 Scrabble/ Game Play</p> <p>10 Yoga</p> <p>12 Mah Jongg</p> <p>12 Woodcarving - Every Wednesday</p> <p>1 Bingo</p>	<p style="text-align: right;">28</p> <p>9 Ceramics & More</p> <p>9:30 Stretch, Flex & Tone-Chair Exercise</p> <p>9:45 Too Fit to Quit</p> <p>10:00 Oriental Brush Painting</p> <p>10:30 AARP Chapter meeting</p> <p>11:30 Lunch – every weekday</p> <p>11:15 Zumba Gold</p> <p>11:30 Canasta</p> <p>2 Comm. on Disabilities</p>	<p style="text-align: right;">29</p> <p>9 Pottery Studio</p> <p>9 Table Tennis</p> <p>9 Too Fit to Quit Boot Camp</p> <p>10 Beginning Painting</p> <p>10 Beginning Violin lessons</p> <p>11 Pool Walking</p> <p>11:30 Lunch - every weekday</p> <p>12 Mah Jongg</p> <p>12 Open Art Studio</p>