

NAM 50+ Senior Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 10:30am Crochet Class 11:30am 60+ Café/4 th of July Celebration 12 pm Duplicate Bridge 12:30 pm Dominoes	3 9:30am French Class 10am Helping Hands 10am Ballroom Dancing	4  Independence Day NAM CLOSED	5 9:30am Spanish Class 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing	6 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café/Family Feud 12:30pm Cribbage 12:30pm Mah Jongg
9 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 10:30am Healthy Life Series 11:30am 60+ Café/Nat'l Sugar Cookie Day 12 pm Duplicate Bridge 12:30 pm Dominoes	10 9:30am French Class 10am Helping Hands 10am Ballroom Dancing	11 9 am Intermediate Line Dancing 9:30am Beginners Sewing Class 10 am Bingo 10:15am Zumba Gold/Fitness 11:30 am 60+ Café/All American Pet Photo Day 12:30pm Mah Jongg	12 9:30am Spanish Class 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing	13 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café/Fact or Fiction 12:30pm Cribbage 12:30pm Mah Jongg
16 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 10:30am Healthy Life Series 10:30am Crochet Class 11:30am 60+ Café/Price is Right 12 pm Duplicate Bridge 12:30 pm Dominoes	17 9:30am French Class 10am Helping Hands 10am Ballroom Dancing	18 9 am Intermediate Line Dancing 9am Medicare Informational Session 9:30am Beginners Sewing Class 10am Bingo 10:15am Zumba Gold/Fitness 11:30am 60+ Café 12:30pm Mah Jongg	19 9:30am Spanish Class 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 11am AARP Safe Driving Class 1 pm Advanced Line Dancing	20 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café /Birthdays Celebration 12:30pm Cribbage 12:30pm Mah Jongg
23 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 10:30am Healthy Life Series 11:30am 60+ Café/Nat'l Vanilla Ice Cream Day/Word Puzzle Wk. 12 pm Duplicate Bridge 12:30 pm Dominoes	24 9:30am French Class 10am Helping Hands 10am Ballroom Dancing	25 9 am Intermediate Line Dancing 9:30am Beginners Sewing Class 10 am Bingo 10:15am Zumba Gold/Fitness 11:30 am 60+ Café/Lunch & Learn 12:30pm Mah Jongg	26 8:15am Day Trip 9:30am Spanish Class 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 12pm Movie/Lunch 1 pm Advanced Line Dancing	27 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café/Watermelon Time 12:30pm Cribbage 12:30pm Mah Jongg
30 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 11:30am 60+ Café/Bingo Extrav. 12 pm Duplicate Bridge 12:30 pm Dominoes	31 9:30am French Class 10am Helping Hands 10am Ballroom Dancing			



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