

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>10:00 - 11:00 am Knitting</p> <p>11:00 am - 12:00 pm Gait & Balance A</p> <p>12:30 - 1:30 pm Gait & Balance B</p> <p>2:00 - 3:00 pm Current Events</p> 	<p>4</p> <p>CLOSED FOR U.S. INDEPENDENCE DAY</p> 	<p>5</p> <p>9:30 - 10:30 am Strength Training with Danny</p> <p>12:30 - 1:30 pm Gait & Balance Class</p> <p>1:00 - 3:00 pm Texas Holdem</p> 	<p>6</p> <p>10:00 am - 12:00 pm Computer Class with Bill</p> <p>10:00 - 11:15 am The Howie Monologues</p> <p>12:00 - 4:00 pm Bridge</p> <p>1:00 - 2:50 pm Film - <i>Dave</i></p> 	<p>7 Shabbat</p> <p>9:30 - 10:30 am Arthritis Exercise</p> <p>10:30 - 11:30 am Energy Explosion Class</p> <p>12:00 - 1:00 pm Time Slips with S. Jacobus, LCSW</p> <p>1:00 - 2:00 pm Shabbat Party with Ariel Louk</p> 
<p>10</p> <p>10:00 - 11:00 am Knitting</p> <p>11:00 am - 12:00 pm Gait & Balance A</p> <p>12:30 - 1:30 pm Gait & Balance B</p> <p>2:00 - 3:00 pm Current Events</p> 	<p>11</p> <p>10:00 am - 12:00 pm Computer Class with Bill</p> <p>10:30 - 11:30 am Metro on the Move Riders Club</p> <p>1:00 - 2:50 pm Film - <i>Exodus - Part 1</i></p> 	<p>12</p> <p>9:30 - 10:30 am Strength Training with Danny</p> <p>12:30 - 1:30 pm Gait & Balance Class</p> <p>1:00 - 3:00 pm Texas Holdem</p> 	<p>13</p> <p>10:00 am - 12:00 pm Computer Class with Bill</p> <p>12:00 - 4:00 pm Bridge</p> <p>1:00 - 2:50 pm Film - <i>Exodus - Part 2</i></p> 	<p>14 Shabbat</p> <p>9:30 - 10:30 am Arthritis Exercise</p> <p>10:30 - 11:30 am Energy Explosion Class</p> <p>1:00 - 2:00 pm Shabbat Party with Lisa Shein</p> 
<p>17</p> <p>10:00 - 11:00 am Knitting</p> <p>11:00 am - 12:00 pm Gait & Balance A</p> <p>12:30 - 1:30 pm Gait & Balance B</p> <p>2:00 - 3:00 pm Current Events</p> 	<p>18</p> <p>10:00 am - 12:00 pm Computer Class with Bill</p> <p>10:00 am - 12:00 pm iPhone Training Workshop</p> <p>1:00 - 2:30 pm Film - <i>Bears</i></p> 	<p>19</p> <p>9:30 - 10:30 am Strength Training with Danny</p> <p>12:30 - 1:30 pm Gait & Balance Class</p> <p>1:00 - 3:00 pm Texas Holdem</p> 	<p>20</p> <p>10:00 am - 12:00 pm Computer Class with Bill</p> <p>10:00 am - 11:30 pm JOT Writing Workshop</p> <p>12:00 - 4:00 pm Bridge</p> <p>12:30 - 2:00 pm Foot Clinic</p> <p>1:00 - 3:00 pm Film - <i>Young at Heart</i></p> 	<p>21 Shabbat</p> <p>9:30 - 10:30 am Arthritis Exercise</p> <p>10:30 - 11:30 am Energy Explosion Class</p> <p>10:30 am - 12:00 pm Barnsdall Art Workshop in Lobby Area</p> <p>12:00 - 1:00 pm Time Slips with S. Jacobus, LCSW</p> <p>1:00 - 2:00 pm Shabbat Party with Dave Winstone</p>
<p>24</p> <p>10:00 - 11:00 am Knitting</p> <p>11:00 am - 12:00 pm Gait & Balance A</p> <p>12:30 - 1:30 pm Gait & Balance B</p> <p>2:00 - 3:00 pm Current Events</p> 	<p>25</p> <p>10:00 am - 12:00 pm Computer Class with Bill</p> <p>10:30 - 11:30 am Kitchen Basics: Tools and Pantry Ingredients with Carrie Bonfitto, NC</p> <p>1:00 - 2:40 pm Film - <i>Fiddler on the Roof - Part 1</i></p> 	<p>26</p> <p>9:30 - 10:30 am Strength Training with Danny</p> <p>12:30 - 1:30 pm Gait & Balance Class</p> <p>1:00 - 3:00 pm Texas Holdem</p> 	<p>27</p> <p>10:00 am - 12:00 pm Computer Class with Bill</p> <p>10:00 am - 11:30 pm JOT Writing Workshop</p> <p>12:00 - 4:00 pm Bridge</p> <p>1:00 - 2:40 pm Film - <i>Fiddler on the Roof - Part 2</i></p> 	<p>28 Shabbat</p> <p>9:30 - 10:30 am Arthritis Exercise</p> <p>10:30 - 11:30 am Energy Explosion Class</p> <p>1:00 - 2:00 pm Shabbat Party with Greg Delson</p> 
<p>31</p> <p>10:00 - 11:00 am Knitting</p> <p>11:00 am - 12:00 pm Gait & Balance A</p> <p>12:30 - 1:30 pm Gait & Balance B</p> <p>2:00 - 3:00 pm Current Events</p> 				

The Michael C. Forman Institute for Healthy Living at the Freda Mohr Multipurpose Center

July 2017



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