

Monday

Tuesday

Wednesday

Thursday

Friday

 <p style="text-align: center;"><b>July 2021</b> Call the Office of Aging at 717-299-7979 to join! <b>LCOA Virtual Connections</b></p>					<b>1</b>	<b>2</b>
	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	
9:15am Exercise with Kathy 1:00pm Beginner Ukulele - call for link 2:00pm Beginner Ukulele – call for link No Art Class Today	10:00am Acrylic paint -- “Ahh, the Ocean” 11:00am Chess for Beginners – call for link 1:30pm Wheel of Fortune game 5:45pm Cardio Kickboxing	9:00am Tai Chi 9:00am Zumba 10:00am Hand Drumming 11:30am Beginner Piano - call for link 1:00pm Watercolor paint – “Fire flies and Believe Jar”	9:15am Exercise with Kathy 10:00am Advanced Beginner Ukulele 1:30pm Bingo	9:30am Wheel of Fortune 11:00am Move Your Body Exercise with Wendy 12:00pm Pilates	9:30am Trivia from the 1970’s 11:00am Move Your Body Exercise with Wendy 12:00pm Pilates	
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>		
9:15am Exercise with Kathy 1:00pm Beginner Ukulele – call for link 2:00pm Beginner Ukulele – call for link 6:00pm Acrylic paint “Night Scene”	10:00am Acrylic paint – “Beach Huts” 11:00am Chess for Beginners – call for link 1:30pm Family Face Off game 5:45pm Cardio Kickboxing	9:00am Tai Chi 9:00am Zumba 11:30am Beginner Piano - call for link 1:00pm Watercolor paint – “Bunny in a Strawberry Patch”	9:15am Exercise with Kathy 10:00am Advanced Beginner Ukulele 1:30pm Bingo	11:00am Move Your Body Exercise with Wendy 12:00pm Pilates		
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>		
9:15am Exercise with Kathy 1:00pm Beginner Ukulele – call for link 2:00pm Beginner Ukulele – call for link 6:00pm Acrylic paint – “Hearts”	10:00am Acrylic paint – “Flip Flops in the Sand” 11:00am Chess for Beginners – call for link 1:30pm Outburst game 5:45pm Cardio Kickboxing	9:00am Tai Chi 9:00am Zumba 10:00am Hand Drumming 11:30am Beginner Piano - call for link 1:00pm Mixed Media – “Wishy & Butterfly”	9:15am Exercise with Kathy 10:00am Advanced Beginner Ukulele 1:30pm Bingo	9:30am Healthy Nutrition and Cooking with Penn State and Starr 11:00am Move Your Body Exercise with Wendy 12:00pm Pilates		
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		
9:15am Exercise with Kathy 1:00pm Beginner Ukulele – call for link 2:00pm Beginner Ukulele – call for link 6:00pm Acrylic paint – “Beach Scene”	10:00am Acrylic paint – “Bringing Home Seashells” 1:30pm Scattergories game 5:45pm Cardio Kickboxing	9:00am Tai Chi 9:00am Zumba 11:30am Beginner Piano - call for link 1:00pm Watercolor paint – “Goldfinch on a Coneflower”	9:15am Exercise with Kathy 10:00am Advanced Beginner Ukulele 1:30pm Bingo	9:30am Trivia Bingo – must preregister 11:00am Move Your Body Exercise with Wendy 12:00pm Pilates		