

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:15am Exercise w/ Kathy 1:00pm Beginner Ukulele 2:00pm Beginner II Ukulele 6:00pm Creative Factory Art, Acrylic Paint, "Raindrops"</p>	<p>2</p> <p>10:00am Creative Factory Art, Acrylic Paint, "The Owl" 1:30pm The Missing Link 4:00pm Boxing & Balance</p>	<p>3</p> <p>9:00am Tai Chi 1:00pm Creative Factory Art, Watercolor paint, "Nasturtiums in the Garden" 4:00pm Chair Yoga w/ AIM to Empower</p>	<p>4</p> <p>9:00am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Ukulele Play Along 1:30pm Bingo w/ Matt</p>	<p>5</p> <p>8:00am Pilates 9:00am Technology Class: "Online Finances" 11:00am Move Your Body 1:00pm Giant Nutrition Presentation on Gut Health 2:00pm Gold Rush Bingo w/ Starr, preregister by July 24</p>
<p>8</p> <p>9:15am Exercise w/ Kathy 1:00pm Beginner Ukulele 2:00pm Beginner II Ukulele 6:00pm Creative Factory Art, Acrylic Paint, "Campfire"</p>	<p>9</p> <p>10:00am Creative Factory Art, Acrylic Paint, "Books, for National Book Lovers Day" 1:30pm Bingo w/ Matt 4:00pm Boxing & Balance</p>	<p>10</p> <p>9:00am Tai Chi 1:00pm Creative Factory Art, Watercolor paint, "Bee Honeycomb Mandala" 4:00pm Chair Yoga w/ AIM to Empower</p>	<p>11</p> <p>9:00am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Ukulele Play Along 1:30pm Bingo w/ Matt</p>	<p>12</p> <p>8:00am Pilates 9:00am Technology Class: "Understanding Internet Browsers" 11:00am Move Your Body</p>
<p>15</p> <p>9:15am Exercise w/ Kathy 1:00pm Beginner Ukulele 2:00pm Beginner II Ukulele 6:00pm Creative Factory Art, Acrylic Paint, "Door with a Wreath"</p>	<p>16</p> <p>10:00am Creative Factory Art, Acrylic Paint, "Old Truck" 1:30pm Words of Fortune 4:00pm Boxing & Balance</p>	<p>17</p> <p>9:00am Tai Chi 1:00pm Creative Factory Art, Watercolor paint, "Mini Masterpiece" 4:00pm Chair Yoga w/ AIM to Empower</p>	<p>18</p> <p>9:00am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Ukulele Play Along 1:30pm Bingo w/ Matt</p>	<p>19</p> <p>8:00am Pilates 9:00am Technology Class: "Texting & Messaging Apps" 11:00am Move Your Body</p>
<p>22</p> <p>9:15am Exercise w/ Kathy 1:00pm Beginner Ukulele 2:00pm Beginner II Ukulele 6:00pm Creative Factory Art, Acrylic Paint, "Window Box with Flowers"</p>	<p>23</p> <p>10:00am Creative Factory Art, Acrylic Paint, "Succulent, inspired by Georgia O'Keeffe" 1:30pm Call Out Game 4:00pm Boxing & Balance</p>	<p>24</p> <p>9:00am Tai Chi 10:00am Hand Drumming 1:00pm Creative Factory Art, Watercolor paint, "Dutch Delftware Vase & Flowers" 4:00pm Chair Yoga w/ AIM to Empower</p>	<p>25</p> <p>9:00am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Ukulele Play Along 1:30pm Bingo w/ Matt</p>	<p>26</p> <p>8:00am Pilates 9:00am Technology Class: "Purchases and Upgrades" 2:00pm Popsicle Summer Bingo w/ Starr, preregister by August 12</p>
<p>29</p> <p>9:15am Exercise w/ Kathy 1:00pm Beginner Ukulele 2:00pm Beginner II Ukulele 6:00pm Creative Factory Art, Acrylic Paint, "Kite Flying"</p>	<p>30</p> <p>10:00am Creative Factory Art, Acrylic Paint, "Monarch Butterfly" 1:30pm Bingo w/ Matt 4:00pm Boxing & Balance</p>	<p>31</p> <p>9:00am Tai Chi 10:00am Hand Drumming 1:00pm Creative Factory Art, Watercolor paint, "Marc Chagall Stained Glass" 4:00pm Chair Yoga w/ AIM to Empower</p>	 <p><i>August 2022</i> LCOA Virtual Connections</p>	