

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Exercise 8:30/9:00 am Parkinson's Caregivers 1:30 pm	Cardio Drumming w/Carol 9:30 am Old Fogey Fun 1:00 pm Giant Eagle 9:30 am Shop & Save 10:30 am Banks 11:30 am	Exercise 8:30/9:00 am Alzheimer's Support Group (top of hill) 3:00 pm	Private 10:00 am Great Courses 1:00 pm	Exercise 8:30/9:00 am Outing to The Back Porch for those with reservations 3:00 pm departure from Clubhouse	Cardio Drumming w/Carol 9:30 am
Chair Yoga 6:00 pm (YouTube videos)	Exercise 8:30/9:00 am Men's Lunch 12:00 pm (top of hill) Westmoreland Mall 1:00 pm	Cardio Drumming w/Carol 9:30 am Old Fogey Fun 1:00 pm Giant Eagle 9:30 am Shop & Save 10:30 am Banks 11:30 am	Exercise 8:30/9:00 am COO Chat 11:30 am Games 2:00 pm	Great Courses 1:00 pm Wine & Dine 4:00 pm	Exercise 8:30/9:00 am Book Club 1:00 pm The Boulevard 11:00 am	Cardio Drumming w/Carol 9:30 am
Chair Yoga 6:00 pm (YouTube videos)  FLAG DAY	Exercise 8:30/9:00 am Private 11:00 am Kohl's/Aldi 1:00 pm	Cardio Drumming w/Carol 9:30 am Old Fogey Fun 1:00 pm Giant Eagle 9:30 am Shop & Save 10:30 am Banks 11:30 am	Exercise 8:30/9:00 am Meet & Mingle 6:00 pm	Great Courses 1:00 pm	Exercise 8:30/9:00 am Donuts 9:30 am Eat & Park 11:00 am	Cardio Drumming w/Carol 9:30 am
Chair Yoga 6:00 pm (YouTube videos) SUMMER FATHER'S DAY	Exercise 8:30/9:00 am Parkinson's Support Group 1:30 pm Walmart/Target 1:00 pm	Cardio Drumming w/Carol 9:30 am Old Fogey Fun 1:00 pm Giant Eagle 9:30 am Shop & Save 10:30 am Banks 11:30 am	Exercise 8:30/9:00 am Lunch Bunch 12:00 pm	Great Courses 1:00 pm	Exercise 8:30/9:00 am Villa Ladies to Jioio's 3:30 pm Sienna Norwin 3:45 pm	Cardio Drumming w/Carol 9:30 am
Chair Yoga 6:00 pm (YouTube videos)	Exercise 8:30/9:00 am Savvy Seniors 11:00 am Games 2:00 pm	Cardio Drumming w/Carol 9:30 am Old Fogey Fun 1:00 pm Giant Eagle 9:30 am Shop & Save 10:30 am Banks 11:30 am				