

Every week ... recurring weekly or daily programs are here at the top.
Not every week ... monthly, semi-monthly, special events, trips, etc., are below.

Every SUNDAY **Every MONDAY** **Every TUESDAY** **Every WEDNESDAY** **Every THURSDAY** **Every FRIDAY** **Every SATURDAY**

1:00 Mah Jongg
 1:30 Sunday Movie
 2:00 Scrabble

8:45 **Tai Chi** \$
 9:00 Hiking
 9:30 Current Affairs
 9:45 **Primetime Fitness** \$
 10:00 Writing for Healing & Growth \$
 Sew & Sews
 Getting Better at Bridge
 10:30 Chair Yoga
 12:00 **Seated Massage** \$
 12:30 Chess Club
 1:15 **Ageless Grace** \$
 1:15 *Water Workout* \$
 1:30 Mah-Jongg [Chinese]
 2:30 Member Social
 4:00 *Member Social Dinner* \$
 6:45 **Pickleball** \$

9:00 Full Life Fitness
 Mani/Pedicures \$, *Bowling* \$
 9:30 **Primetime Fitness** \$
Retreads (thru Oct.)
 10:00 **Medicare Consulting** (by appt.)
 10:15 *Water Workout* \$
 10:30 **Arthritis Exercise** \$
 10:45 *Second-Wind Band* \$
(Will not meet July 3)
 12:00 Bridge Tune-Up
 12:00 Men's Poker
 1:00 Tuesday Social Bridge
 1:30 **Round Dancing** \$ (beg)
 2:30 **Round Dancing** \$ (int)
 6:00 Singles' Schmooze \$

8:00 Hiking
 8:45 **Tai Chi** \$
 9:30 **BeMoved** \$,
 Crafty Ladies, Dominoes,
Seated Massage \$
 9:45 **Primetime Fitness** \$
 10:00 **Tap Dancing** \$ (beg)
Bowling \$
 10:45 **First-Wind Band**
 11:00 **Tap Dancing** \$ (int)
 11:30 Canasta
 12:00 **TOPS**, Poker
 1:00 Scrabble, Mah-Jongg
 1:15 *Water Workout* \$
1:30 Ageless Grace \$
 3:00 Knit-Wits
 4:00 **Square Dancing Lessons**
 6:30 **International Folk Dancing,**
Line Dance (beg)
 7:30 **Tai Chi** \$, **Line Dance** (adv)

9:00 Party Bridge,
Ivy Creek Walking Group
 9:30 **Primetime Fitness** \$
Retreads (thru Oct.)
 10:00 **AA**, Recorder Lessons (Inter.)
 10:15 *Water Workout* \$
 10:30 **Arthritis Exercise** \$
 11:00 Recorder Lessons (Beg.)
 11:15 Craft DIY
 12:00 **NIA - Moving to Heal** \$
 12:30 Duplicate Bridge
 1:00 Albemarle Carvers,
 Apple/Mac Users Group,
 Financial Counseling (by appt.),
 3:15 Chair Yoga
 4:30 **Medicare Consulting** (by appt.)
 5:00 **Pickleball** \$
 6:30 **Swing Dance Lessons**
 7:30 **Swing Swap Swing Dance**

8:45 **Tai Chi** \$
 9:00 Full Life Fitness, Mah-Jongg
 9:30 Friday Art Group
 9:45 *Northside Walking Group*
 10:00 **PrimeTime Fitness** \$
 10:30 **Bingo**
 10:45 Flashbacks \$ *(Will not meet July 6)*
 11:00 *Water Workout* \$
 12:00 Writing for Pleasure
 1:00 **Fun Time Line Dancing** (beg)
 2:30 Barbershop Belles & Beaux
Line Dancing (adv)
 3:00 **Bereavement Support Group**

1:00 *Pickleball* \$



KEY: Programs ... *in italics* are off-site; **in bold** are open to the public; with a fee have a \$. Subject to change. Check for updates and additions at seniorcenterinc.org, or visit our Facebook page.

1

2
 1:00 Senior Council
 2:00 Bunko

3
 10:00 *Motos Summertime Walking*
 10:00 **Blood Pressure Screenings**
 11:00 **Hearing Screening**
 12:00 **Try It Out Tuesday**

4
Center Closed for Independence Day

5
 10:45 **Parkinson's Caregivers Support**
 11:00 **Caring For Your Wellbeing Series**
 1:00 Ladies' Poker
 3:00 Socrates Cafe

6
 10:00 Investors' Forum
 12:00 **Taste of Art** \$

7

8
 1:15 **Central Virginia Dowers**

9
 10:00 **Matter of Balance** \$
 1:00 **All Things Digital**
 1:00 **Piedmont Pastelists**

10
 9:00 **Good Life Design**
 10:00 **Money & You with Jorgen Vik**
 10:00 *Motos Summertime Walking*
 10:30 **Long-Term Care Q&A**
(by appt. only)
 1:30 **Art Gallery Talk**
 2:00 **A Taste of Spanish**
 3:00 **Keeping Up Your Spanish**

11
 9:30 Kingfisher Fishing Club
 10:00 **Matter of Balance** (cont.)
 11:00 Book Group
 1:30 **Senior Statesmen of Virginia**
 3:00 Ping Pong (int.)
 4:00 Ping Pong (beg.)

12
 10:00 Investment Visions
 2:00 Le Cercle Français
 2:00 Backgammon & Cribbage
 3:30 **Stained Glass Panel Making** \$
 4:00 **Essential Tremor Support Grp**

13
 10:00 **Religion, Science, & Spirituality**

14

15

16
 10:00 **Matter of Balance** (cont.)
 2:00 Bunko

17
 10:00 *Motos Summertime Walking*
 10:00 **Elder Law w/ Doris Gelbman**
 2:00 **A Taste of Spanish**
 3:00 **Backyard Birding**

18
 10:00 **Hearing Health**
 11:30 **Monthly Luncheon**
 1:00 **Matter of Balance** (cont.)
 2:00 **Cville Time Bank Orientation**
 3:00 Ping Pong (int.)
 4:00 Ping Pong (beg.)

19
 1:00 Ladies' Poker
 3:00 Socrates Cafe
 3:30 **Stained Glass** (cont.)

20
 10:00 Investors' Forum
 12:00 **Taste of Art** (cont.)
 3:00 Ice Cream Social

21

22

23
 10:00 **Matter of Balance** (cont.)

24
 10:00 *Motos Summertime Walking*
 2:00 **A Taste of Spanish**
 3:00 **Keeping Up Your Spanish**

25
 10:00 **Matter of Balance** (cont.)
 10:00 **Low Vision Support Group**
 1-4 Legal Consultation (call for appt)
 3:00 Ping Pong (int.)
 4:00 Ping Pong (beg.)

26
 11:30-1:30 Fardowners Mobile Food Truck
 10:00 Investment Visions
 2:00 Backgammon & Cribbage
 2:00 Le Cercle Français
 3:30 **Stained Glass** (cont.)

27
 12:00 **Writing for Pleasure Coffeehouse**
 12:00 **Taste of Art** (cont.)

28

29
 1:30 **Special Sunday Movie Presentation: Loving** followed by a discussion

30
 10:00 **Matter of Balance** (cont.)

31
 10:00 *Motos Summertime Walking*
 2:00 **A Taste of Spanish**
 3:00 **Reuse, Recycle, Repurpose**

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1:00 Mah Jongg 1:30 Sunday Movie 2:00 Scrabble	8:45 Tai Chi \$ 9:00 Hiking 9:30 Current Affairs 9:45 Primetime Fitness \$ 10:00 Writing for Healing & Growth \$ Sew & Sews Getting Better at Bridge 10:30 Chair Yoga 12:00 Seated Massage \$ 12:30 Chess Club 1:15 Ageless Grace \$ 1:15 <i>Water Workout</i> \$ 1:30 Mah-Jongg [Chinese] 2:30 Member Social 4:00 <i>Member Social Dinner</i> \$ 6:45 Pickleball \$	9:00 Full Life Fitness Mani/Pedicures \$, <i>Bowling</i> \$ 9:30 Primetime Fitness \$ <i>Retreads</i> (thru Oct.) 10:00 Medicare Consulting (by appt.) 10:15 <i>Water Workout</i> \$ 10:30 Arthritis Exercise \$ 12:00 Bridge Tune-Up 12:00 Men's Poker 1:00 Tuesday Social Bridge 1:30 Round Dancing \$ (beg) <i>(Will not meet August 7 or 28)</i> 2:30 Round Dancing \$ (int) <i>(Will not meet August 7 or 28)</i> 2:30 Encore Players 6:00 Singles' Schmooze \$	8:00 Hiking 8:45 Tai Chi \$ 9:30 BeMoved \$ 9:30 Crafty Ladies, Dominoes, Seated Massage \$ 9:45 Primetime Fitness \$ 10:00 Tap Dancing \$ (beg) <i>Bowling</i> \$ 10:45 First-Wind Band <i>(Will only meet August 1)</i> 11:00 Tap Dancing \$ (int) 11:30 Canasta 12:00 TOPS , Poker, Pickleball \$ 1:00 Scrabble, Mah-Jongg 1:15 <i>Water Workout</i> \$ 1:30 Ageless Grace \$ 3:00 Knit-Wits 4:00 Square Dancing Lessons 6:30 International Folk Dancing, Line Dance (beg) 7:30 Tai Chi \$, Line Dance (adv)	9:00 Party Bridge, <i>Ivy Creek Walking Group</i> 9:30 Primetime Fitness \$ <i>Retreads</i> (thru Oct.) 10:00 AA , Recorder Lessons (Inter.) 10:15 <i>Water Workout</i> \$ 10:30 Arthritis Exercise \$ 11:00 Recorder Lessons (Beg.) 11:15 Craft DIY 12:00 NIA - Moving to Heal \$ 12:30 Duplicate Bridge 1:00 Albemarle Carvers, Apple/Mac Users Group, Financial Counseling (by appt.), 3:15 Chair Yoga 4:30 Medicare Consulting (by appt.) 5:00 Pickleball \$ 6:30 Swing Dance Lessons <i>(Will not meet August 23)</i> 7:30 Swing Swap Swing Dance <i>(Will not meet August 23)</i>	8:45 Tai Chi \$ 9:00 Full Life Fitness, Mah-Jongg 9:30 Friday Art Group 9:45 <i>Northside Walking Group</i> 10:00 PrimeTime Fitness \$ 10:30 Bingo 10:45 Flashbacks \$ <i>(Will only meet August 3)</i> 11:00 <i>Water Workout</i> \$ 12:00 Writing for Pleasure 1:00 Still Sharp Singers \$ Fun Time Line Dancing (beg) 2:30 Barbershop Belles & Beaux Line Dancing (adv) 3:00 Bereavement Support Group	1:00 <i>Pickleball</i> \$
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5	6 11:00 Caring For Your Wellbeing 1:00 Senior Council 2:00 Bunko	7 10:00 <i>Motos Summertime Walking</i> 10:00 Blood Pressure Screenings 11:00 Hearing Screenings 12:00 Try It Out Tuesday	1 9:30 Kingfishers Fishing 10:00 Matter of Balance (cont.) 11:00 Book Club 3:00 Ping Pong (int.) 4:00 Ping Pong (beg.) 5:00 Travel Buddies	2 10:45 Parkinson's Caregiver Support Group 11:00 Create Your Plan for Extended Care 1:00 Ladies' Poker 1:30 Essentrics \$ 3:00 Socrates Cafe	3 10:00 Investors' Forum 12:00 Taste of Art (cont.)	4
12 1:15 Central Virginia Dowers 1:15 Toastmasters Workshop	13 1:00 Piedmont Pastelists 1:00 All Things Digital	14 9:00 Good Life Design 10:00 Money & You w/ Jorgen Vik 10:00 <i>Motos Summertime Walking</i> 10:30 Long-Term Care Q&A <i>(by appt. only)</i> 5:00 Money Matters: Steps to Avoiding Scams 6:00 Backyard Birding	8 10:30 Money Matters: Steps to Avoiding Scams 1:30 Senior Statesmen of VA 3:00 Ping Pong (int.) 4:00 Ping Pong (beg.)	9 10:00 Investment Visions 1:30 Essentrics \$ 2:00 Le Cercle Français 2:00 Backgammon & Cribbage	10 12:00 Taste of Art (cont.)	11
19	20 2:00 Bunko	21 10:00 <i>Motos Summertime Walking</i> 2:00 A Taste of Spanish 3:00 Keeping Up Your Spanish	15 10:00 Hearing Health 11:30 Monthly Luncheon \$ 2:00 Cville Time Bank Orientation 3:00 Ping Pong (int.) 4:00 Ping Pong (beg.) 6:00 Investing to Retire \$	16 1:00 Ladies' Poker 1:30 Essentrics \$ 3:00 Socrates Cafe	17 10:00 Investors' Forum 3:00 Ice Cream Social	18
26	27	28 10:00 <i>Motos Summertime Walking</i> 2:00 A Taste of Spanish 3:00 Keeping Up Your Spanish 3:00 Reuse, Recycle, Repurpose	22 10:00 Low Vision Support Group 3:00 Ping Pong (int.) 4:00 Ping Pong (beg.) 6:00 Investing to Retire (cont.)	23 11:30 am-1:30 pm 106 Street Eats Food Truck 10:00 Investment Visions 1:30 Essentrics \$ 2:00 Backgammon & Cribbage 2:00 Le Cercle Français	24 4:30-6:30 pm Yard Sale \$	25 8 am-12 noon Yard Sale
			29 1-4 Legal Consultation (call for appt.) 3:00 Ping Pong (int.) 4:00 Ping Pong (beg.) 6:00 Investing to Retire (cont.)	30 1:30 Essentrics \$	31 12:00 Writing For Pleasure Coffeehouse	

