








Mon	Tue	Wed	Thu	Fri
DAILY 8:30-11:00 - Coffee Bar 8:30-2:30 - Fitness Room <i>(Located inside of the Cafeteria)</i> 11:30 - Grab & Go Lunch 12 - Congregate Lunch Pool table is located in the Café GLATCO Credit Union Mini Branch Open Thursdays 9:30-11:30 am	1 8:30- Silver Sneakers \$/D-CA 8:30-Tai Chi Chih \$ /Lobby 9:30-Patriotic Make & Take Craft \$/CA 10- Pinochle /C 10-Grief & Loss Support /G 10-Int. Line Dancing \$ /Lobby 11-Adv. Line Dancing \$ /Lobby 11-Dominoes /CA 11:15-Chair Volleyball /D-CA 12:30p-Diabetes Prevention /G 1-Hatha Yoga \$ /D-CA	2 8:30- Breakfast in the Café \$ 9- Chair Yoga \$ /Lobby 10:15- Walking Club /C 10:15- Bible Study Disc. /G 10:15- Chair Exercise /D-CA 11:15-Show Me Your Muscles/D-CA 11:30- Wii Bowling /G 12:30- Chair Volleyball /D-CA	3 8:30- Silver Sneakers \$ /D-CA 10- Military History Series /CA 10- 500 Bid Card Game /C 10- Music & Movement /G 11:15- Chair Volleyball /D-CA	4 Center is Closed 
7 Due to construction, we will be serving "Grab & Go" meals from the Intermediate school building located at: 1480 Roth Church Road from 10:30am - 11:30am.  The Windy Hill building will not be open & will not be holding any programing.  <i>We apologize for any inconvenience. -Windy Hill Staff</i> 				
14 8:30- Breakfast in the Café \$ 9- Chair Yoga \$ /Lobby 10- Coffee & Discussion /CA 10:15-Intro. Line Dancing \$ /Lobby 11:15- Chair Exercise /D-CA 5- Quilts for Kids /D-CA	15 8:30-Silver Sneakers \$ /D-CA 8:30-Tai Chi Chih \$ /Lobby 10-Pinochle /C 10-Boggle/CA 10-Int. Line Dancing \$ /Lobby 11-Adv. Line Dancing \$ /Lobby 11-Dominoes /CA 11:15-Chair Volleyball /D-CA 12:30p-Diabetes Prevention/G 1- Hatha Yoga \$ /D-CA	16 8:30- Breakfast in the Café \$ 8:30- Wellness Check's /W 9- Chair Yoga \$ /Lobby 9:30- Paint with Pat \$ /CA 10:15- Walking Club /C 10:15- Devotions /CO 10:15- Chair Exercise /D-CA 11:15-Show Me Your Muscles/D-CA 12:30- Chair Volleyball /D-CA	17 8:30-Silver Sneakers \$ /D-CA 10-500 Bid Card Game /C 10- Book Club /CO 10-Wound Care Presentation w/ Adv. Wound Spec. /CA 10-Basics of Sign Language /G 11:15-Chair Volleyball /D-CA	18 8:45- Chair Yoga \$ /Lobby 9- Friday Bingo \$ /CA 9- Parkinson's Exercise /G 10- Tap Dancing \$ /Lobby 10:15- Drumming Exercise /G
21 8:30-Breakfast in the Café \$ 9-Chair Yoga \$ /Lobby 10-Virtual Tours: Natural History Museum /CA 10-Scrapbooking w/ Bev /CR 10:15-Intro. Line Dancing \$ /Lobby 11:15-Chair Exercise /D-CA 12:30-2:30-Matter Of Balance /CA	22 8:30-Silver Sneakers \$/D-CA 8:30-Veteran's Outreach (by appt) 8:30-Tai Chi Chih \$ /Lobby 10-Pinochle /C 10-Now You Have It (\$5 Gift)/CA 10-Int. Line Dancing \$ /Lobby 11-Adv. Line Dancing \$ /Lobby 11-Dominoes /CA 11:15- Chair Volleyball /D-CA 1- Hatha Yoga \$ /D-CA	23 8:30- Breakfast in the Café \$ 9- Chair Yoga \$ /Lobby 10:15- Walking Club /C 10:15- Devotions /CO 10:15- Chair Exercise /D-CA 11:15-Show Me Your Muscles/D-CA 12:30-Chair Volleyball with CABC Teens /D-CA	24 8:30- Silver Sneakers \$ /D-CA 10- 500 Bid Card Game /C 10-Gillian's Island, Summer Party /CA 12:30-2:30- Matter Of Balance /CA 12:30- Yarn Workers Club /C 1- Silver Triangle Meeting /G	25 8:30- Blood Pressure Checks 8:45- Chair Yoga \$ /Lobby 9- Friday Bingo \$ /CA 10- Tap Dancing \$ /Lobby 10:15- Drumming Exercise /G
28 8:30-Breakfast in the Café \$ 9- PA MEDI (appt only) 9- Chair Yoga \$ /Lobby 9:15- Monday Bingo \$ /CA 10:15-Intro. Line Dancing \$ /Lobby 11:15- Chair Exercise /D-CA 12:30-2:30-Matter Of Balance /CA	29 8:30-Silver Sneakers \$/D-CA 8:30-Tai Chi Chih \$ /Lobby 10-Pinochle /C 10-Understanding Elder Abuse /CA 10-Int. Line Dancing \$ /Lobby 11-Adv. Line Dancing \$ /Lobby 11-Dominoes /CA 11:15-Chair Volleyball /D-CA 12:30p-Diabetes Prevention /G 1-Hatha Yoga \$ /D-CA	30 8:30-Breakfast in the Café \$ 9-Chair Yoga \$ /Lobby 9:15-Learn & Play: Apples to Apples /CA 10:15-Walking Club /C 10:15- Devotions /CO 10:15-Chair Exercise /D-CA 11:15-Show Me Your Muscles/D-CA 12:30- Chair Volleyball /D-CA	31 8:30-Silver Sneakers \$ /D-CA 10- 500 Bid Card Game /C 11:15- Chair Volleyball /D-CA 10- Birthday/Anniversary Party fea. Derek Reed /CA 12:30-2:30- Matter Of Balance /CA	LEGEND:  = Sign up REQUIRED C = Café, CA = Cafeteria, CO = Conference Room, D-CA = Dance Floor of CA, CR = Craft Room, G = Glass Room, W = Wellness Room
  The Auditorium will be closed for construction during the month of July. At this time, we will hold Auditorium programs in the Lobby , temporarily. 