

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 8:30 Balance/Strength w/ balance poles	3	4
5	6	7 1:30 Balance/Strength Bring 2 water Bottles or 2 cans of food to use as weights.	8	9 8:30 Gentle Movement w/ scarves	10	11 Shavuot Begins
12	13	14 1:30 Balance/Strength w/ Scarves 2:05 Cheese Making Demonstration & Talk w/ Bob Koch Flag Day (US)	15	16 8:30 Balance/Strength w/ Stretch bands	17	18
19  Father's Day Juneteenth	20	21 1:30 Balance/Cardio w/ Rhythm Sticks Summer Begins	22	23 8:30 Balance/Cardio w/ Shakers	24	25
26	27	28 1:30 Seated Aerobics w/ Balls 2:20 Get Your Game On!	29	30 8:30 Balance/Strength Bring 2 water Bottles or 2 cans of food to use as weights.	<u>Cheese Making Demonstration</u> -Bob will make cheese & talk about the process after exercise on the 14th. Cheese, Crackers, & Drinks will be provided! Join us! <u>Get Your Game On!</u> -After exercise on the 28 th come enjoy a time of table games, snacks, & fellowship! 😊	

All exercise classes will be held in the Activity Center. What to bring: Yourself, A Positive Attitude, & Water to stay hydrated!