<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>9:00 Strength &amp; Toning w/ Lillian</td>
<td>Chair Pilates w/ Lillian</td>
<td>9:00 Strength &amp; Toning w/ Lillian</td>
<td>9:00 Chair Pilates w/ Lillian</td>
<td>9:30 Tai Chi w/ Gloria</td>
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<tr>
<td>10:30 Quilter’s Corner Zoom</td>
<td>Tai Chi w/ Jerry</td>
<td>9:30 Tai Chi w/ Jerry</td>
<td>9:00 Nutrition Consultation</td>
<td>Zoom</td>
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<tr>
<td>10:30 Aerobics w/ Arthur Zoom</td>
<td>Chair Yoga &amp; Meditation w/ Lillian</td>
<td>9:30 Quilting</td>
<td>9:30 Tai Chi w/ Jerry In-Person</td>
<td>1:00 Line Dance w/ Diane</td>
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<td>11:30 Mindful Mondays w/ Elizabeth In-Person &amp; Zoom</td>
<td>10:30 Chair Yoga &amp; Meditation w/ Lillian In-Person &amp; Zoom</td>
<td>10:00 Club Memory Zoom # 950 7746 3402 Call-in # 301 715-8592; ID# 950 7746 3402</td>
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<td>1:30 Brain Busters w/ Stephanie In-Person</td>
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<td>1:00 Line Dance w/ Diane In-Person &amp; Zoom</td>
<td>10:30 Aerobics w/ Arthur In-Person &amp; Zoom</td>
<td>18:00 Chair Yoga &amp; Meditation w/ Lillian In-Person &amp; Zoom</td>
<td>9:00 Nutrition Consultation</td>
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<tr>
<td>1:30 Book Club - The Love Songs of W.E.B. DuBois by Honoree Fanonne Jeffers (July 25th) Zoom</td>
<td>11:30 Nutrition w/ Brenda In-Person &amp; Teleconference</td>
<td>10:00 Club Memory Zoom # 950 7746 3402 Call-in # 301 715-8592; ID# 950 7746 3402</td>
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<td>2:15 Mental Well-being w/ Elizabeth In-Person &amp; Zoom</td>
<td>12:30 July Birthday Recognition (July 20th) In-Person</td>
<td>10:30 Chair Yoga &amp; Meditation w/ Lillian In-Person &amp; Zoom</td>
<td>10:00 Club Memory Zoom # 950 7746 3402 Call-in # 301 715-8592; ID# 950 7746 3402</td>
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<tr>
<td>3:00 Quilter’s Café (July 25th) In-Person</td>
<td>2:30 Open Office Hour w/ Brenda for Nutrition Consultation</td>
<td>2:15 Current Events Discussion Group (will reconvene in September)</td>
<td>1:00 Aerobics w/ Kojak In-Person &amp; Zoom</td>
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**SPECIAL EVENTS**

- July 8th 10:30 Six Weeks to Wellness Series Thu Huynh, MDA, RD, LDN & Josefina Giron, RDN, LDN Giant In-Person & Zoom
- July 18th 11:30 Town Hall Meeting In-Person & Zoom
- July 19th 11:15 Legal Counsel for the Elderly Presentation In-Person & Zoom
- July 20th 1:00 MedStar Washington Hospital Center Ask a Doc Series - Hyperthermia In-Person & Zoom
- July 27th 1:00 MedStar Washington Hospital Center Ask a Doc Series - Food Safety - Food Poisoning Precautions In-Person & Zoom
- Aug. 10th Family & Friends Day / Ice Cream Social In-Person
HEALTH PROMOTION w/ STEPHANIE
7/6 The Importance of Hydration
7/13 Kidney Health

NUTRITION w/ BRENDA
7/5 Bananas, are they high in fiber Part 1
7/7 National Chocolate Day
7/12 Energy Foods for Greater Stamina Part 1
7/13 Energy Foods for Greater Stamina Part 2
7/14 What is the Best Ice Cream Nutritionally?
7/27 More Fiber, Less Sugar and Salt Part 1
7/28 More Fiber, Less Sugar and Salt Part 2

MINDFUL MONDAYS w/ ELIZABETH
7/11 Family Relationships & Wellbeing
7/25 Elder Abuse: What We Should Know

MENTAL WELL-BEING CLASSES
7/11 Depression & Dementia
7/18 Bullying
7/25 COVID Updates & Maintaining Balance in Challenging Times

* Open office Hour w/ Elizabeth for drop-in mental health counseling
Mondays @ 1:00 p.m.

Trips
7/7 10:30 a.m. Dutch Market - Laurel
7/11 10:00 a.m. Smithsonian American Art Museum
7/12 10:45 a.m. National Gallery of Art
7/14 10:30 a.m. Movie - Thor: Love & Thunder - Magic Johnson
Capital Center $11.50
7/28 10:30 a.m. Tanger Outlets - National Harbor

Scheduled Trip to Arena Stage:
8/3 11:00 a.m. Arena Stage - American Prophet $38.00