



July 2017



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|---|--|
|  July 2-9 Lakeville's Panorama of Progress www.panopro.org | NO YOGA TODAY 9:00 Computer Tutoring NO INTERVAL WALKING TODAY 9:30 Knitting Class 10:00 Wii™ Bowling NO SILVER SNEAKERS TODAY 1:00 Texas Hold 'Em & Mahjong |  CLOSED FOR JULY 4th HOLIDAY | 8:00 Men's Golf 8:15 Health Angels Biking NO LINE DANCING TODAY 9:00 Happy Feet 9:00 Poker & Hearts 10:00 Pan-O-Prog Baby Crawl 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Pinochle 5:30 Cardio & Strength 6:30 Pickleball | Bring bake sale items before 2 p.m. 10:30 R.H. Chorus 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Silver Sneakers Flex™ Fitness 2 12:00 Euchre, Hand & Foot 1:00 Quilting Group 1:30 R.H. Chorus at Trinity Care Center 1:30 Tai Chi 3:30 Zumba Gold | 9 am - 3 pm Pan-O-Prog Craft & Bake Sale NO YOGA TODAY 9:00 Pickleball 9:00 Poker 10:00 500 Cards - East Room 1:00 Duplicate Bridge 1:00 Social Painting | 9 am - noon Pan-O-Prog Craft & Bake Sale  |
| 8:15 Yoga 9:00 Health Insurance Counseling 9:30 Interval Walking 9:30 Knitting Class 10:00 Wii™ Bowling 11:00 Hearing Screening 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Silver Sneakers Flex™ Fitness 2 1:00 Texas Hold 'Em & Mahjong 1:00 Spanish Beginners Class 2:00 Spanish Intermediates Class | 9:00 Pickleball 9:00 Dominoes & Poker 9:30 Craft Group 10:00 Book Club 12:00 Party Bridge 12:30 Ping Pong 1:00 Active Adults Advisory Comm. Mtg. 1:00 Billiards 1:00 Navigating Roundabouts Deadline for Diner's Club | 9:00 Pickleball 9:00 Dominoes & Poker 9:30 Craft Group 10:00 Book Club 12:00 Party Bridge 12:30 Ping Pong 1:00 Active Adults Advisory Comm. Mtg. 1:00 Billiards 1:00 Navigating Roundabouts Deadline for Diner's Club | 8:00 Men's Golf 8:15 Health Angels Biking NO BEGINNER'S LINE DANCE TODAY 9-12 Line Dancing 9:00 Poker & Hearts 10:00 iPhone 1-on-1 Assistance 11:00 Silver Sneakers Flex™ Fitness 1 12:3 Line Dance Social 12:00 Pinochle 5:30 Cardio & Strength 6:30 Pickleball | 10:00 Motorcycle Ride 10:30 Red Hat Chorus 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Silver Sneakers Flex™ Fitness 2 12:00 Euchre, Hand & Foot 1:30 Tai Chi 2:00 R.H. Chorus at Augustana/Hastings 3:30 Zumba Gold 5:00 Diner's Club - Rancho | 8:15 Yoga 9:00 Pickleball 9:00 Poker 10:00 500 Cards Duplicate Bridge 1:00 Social Painting 1:00 Tatting | 8:30 a.m.-12:30 p.m. Driver Safety Class (4-hr.) |
| 8:15 Yoga 9:00 Computer Tutoring 9:30 Interval Walking 9:30 Knitting Class 10:00 Wii™ Bowling 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Silver Sneakers Flex™ Fitness 2 1:00 Texas Hold 'Em & Mahjong 1:00 Spanish Beginners Class 2:00 Spanish Intermediates Class Deadline for Minn. State Capitol Tour | 8:45 Owatonna Trip 9:00 Pickleball 9:00 Dominoes & Poker 12:00 Party Bridge 12:30 Ping Pong 1:00 Bingo 1:00 Billiards | 8:45 Owatonna Trip 9:00 Pickleball 9:00 Dominoes & Poker 12:00 Party Bridge 12:30 Ping Pong 1:00 Bingo 1:00 Billiards | 8:00 Men's Golf 8:15 Health Angels Biking 8:30 Beginner's Line Dancing 9-12 Line Dancing 9:00 Poker & Hearts 10:00 iPhone 1-on-1 Assistance 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Pinochle 1:00 Facebook—Introduction 5:30 Cardio & Strength 6:30 Pickleball | 10:30 Red Hat Chorus 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Silver Sneakers Flex™ Fitness 2 12:00 Euchre, Hand & Foot 1:00 Quilting Group 1:30 Tai Chi 2:00 R.H. Chorus at Trinity Terrace 3:30 Zumba Gold | 8:15 Yoga 9:00 Pickleball 9:00 Poker 10:00 500 Cards Duplicate Bridge 1:00 Social Painting | |
| 8:15 Yoga 9:00 Computer Tutoring 9:30 Interval Walking 9:30 Knitting Class 10:00 Wii™ Bowling 11:00 Legal Advice 11:00 & 12:00 Silver Sneakers 1 & 2 1:00 Texas Hold 'Em & Mahjong 1:00 Spanish Beginners Class 2:00 Spanish Intermediates Class 5:30 Driver Safety Class (4 hr.) | 8:30 CityKid Farm 9:00 Pickleball 9:00 Dominoes & Poker 9:30 Craft Group 12:00 Party Bridge 12:30 Ping Pong 1:00 Billiards | 8:30 CityKid Farm 9:00 Pickleball 9:00 Dominoes & Poker 9:30 Craft Group 12:00 Party Bridge 12:30 Ping Pong 1:00 Billiards | 8:00 Men's Golf 8:15 Health Angels Biking 8:30 Beginner's Line Dancing 9-12 Line Dancing 9:00 Poker & Hearts 10:00 iPhone 1-on-1 Assistance 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Pinochle 5:30 Cardio & Strength 6:30 Pickleball | 10:00 Motorcycle Ride 10:30 Red Hat Chorus 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Silver Sneakers Flex™ Fitness 2 12:00 Euchre, Hand & Foot 1:30 Tai Chi 2:00 R.H. Chorus at MN Vets Home 3:30 Zumba Gold | 8:15 Yoga 9:00 Pickleball 9:00 Poker 10:00 500 Cards Duplicate Bridge 1:00 Social Painting | |
| 8:15 Yoga 9:00 Computer Tutoring 9:30 Interval Walking 9:30 Knitting Class 10:00 Wii™ Bowling 11:00 & 12:00 Silver Sneakers 1 & 2 1:00 Texas Hold 'Em & Mahjong 1:00 Spanish Beginners Class 2:00 Spanish Intermediates Class | | | <div style="border: 2px dashed blue; padding: 5px; background-color: #f8d7da;"> Day Old Bread Available Monday-Friday, beginning at 10:15 a.m. </div> | | |  |



August 2017



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|--|--|---|
|  | | 9:00 Pickleball 1 9:00 Dominoes & Poker 9:00 Happy Feet 10:00 Book Club 12:00 Party Bridge 12:30 Ping Pong 1:00 Active Adults Advisory Comm. Mtg. 1:00 Bingo 1:00 Billiards | 8:00 Men's Golf 2 8:15 Health Angels Biking 8:30 Beginner's Line Dancing 10:00 9:00 Poker & Hearts Casual Golf Women 9-12 Line Dancing 10:00 iPhone 1-on-1 Assistance 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Pinochle 12-3 Line Dance Social 5:30 Cardio & Strength 6:30 Pickleball | 10:30 Red Hat Chorus 3 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Silver Sneakers Flex™ Fitness 2 12:00 Euchre, Hand & Foot 1:00 Quilting Group 1:30 Tai Chi 3:30 Zumba Gold | 8:15 Yoga 4 9:00 Pickleball 9:00 Poker 10:00 500 Cards 12:30 Duplicate Bridge 1:00 Social Painting | |
| 6 Dakota County Fair August 7-13  | 8:15 Yoga 7 9:00 Computer Tutoring 9:30 Knitting Class 9:30 Interval Walking 10:00 Wii™ Bowling 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Silver Sneakers Flex™ Fitness 2 12:30-4:30 Driver Safety Class (4-hr.) 1:00 Texas Hold 'Em & Mahjong 1:00 Spanish Beginners Class 2:00 Spanish Intermediates Class | 9:00 Pickleball 8 9:00 Dominoes & Poker 9:30 Craft Group 12:00 Party Bridge 12:30 Ping Pong 1:00 Bingo 1:00 Billiards Deadline for Diner's Club | 8:00 Men's Golf 9 8:15 Health Angels Biking 8:30 Beginner's Line Dancing 10:00 9:00 Poker & Hearts Casual Golf Women 9-12 Line Dancing 10:00 iPhone 1-on-1 Assistance 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Pinochle 5:30 Cardio & Strength 6:30 Pickleball | 9:45 Minnesota State Capitol Tour 10 10:00 Motorcycle Ride 10:30 Red Hat Chorus 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Silver Sneakers Flex™ Fitness 2 12:00 Euchre, Hand & Foot 1:00 Quilting Group 1:30 R.H. Chorus at Highview Hills 1:30 Tai Chi 3:30 Zumba Gold 5:00 Diner's Club - Teresa's | 8:15 Yoga 11 9:00 Pickleball 9:00 Poker 10:00 500 Cards 12:30 Duplicate Bridge 1:00 Tatting 1:00 Social Painting | 12 |
| 13 | 8:15 Yoga 14 9:00 Health Insurance Counseling 9:30 Knitting Class, Interval Walking 10:00 Wii™ Bowling 11:00 Hearing Screening 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Silver Sneakers Flex™ Fitness 2 1:00 Texas Hold 'Em & Mahjong 1:00 Spanish Beginners Class 2:00 Spanish Intermediates Class | 9:00 Pickleball 15 9:00 Dominoes & Poker 12:00 Party Bridge 12:30 Ping Pong 1:00 Bingo 1:00 Billiards | 8:00 Men's Golf 16 8:15 Health Angels Biking 8:15 Llamas & Quilt Barn Art Trip 8:30 Beginner's Line Dancing 10:00 9:00 Poker & Hearts Casual Golf Women 9-12 Line Dancing 10:00 iPhone 1-on-1 Assistance 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Pinochle 5:30 Cardio & Strength 6:30 Pickleball | 9:30 Aging in Place- Stay in Your Home 17 10:30 Red Hat Chorus 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Silver Sneakers Flex™ Fitness 2 12:00 Euchre, Hand & Foot 1:00 Quilting Group 1:30 Tai Chi 2:00 R.H. Chorus at St. Gertrude's 3:30 Zumba Gold | NO YOGA TODAY 18 9:00 Pickleball 9:00 Poker 10:00 500 Cards 12:30 Duplicate Bridge 1:00 Social Painting | 19 |
| 20 | 8:15 Yoga 21 9:00 Computer Tutoring 9:30 Knitting Class 9:30 Interval Walking 10:00 Wii™ Bowling 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Silver Sneakers Flex™ Fitness 2 1:00 Texas Hold 'Em & Mahjong 1:00 Spanish Beginners Class 2:00 Spanish Intermediates Class | 9:00 Pickleball 22 9:00 Dominoes & Poker 9:30 Craft Group 12:00 Party Bridge 12:30 Ping Pong 1:00 Billiards 1:30 Ice Cream Social  | 8:00 Men's Golf 23 8:15 Health Angels Biking 10:00 8:30 Beginner's Line Dancing Casual Golf Women 9-12 Line Dancing 9:00 Poker & Hearts 10:00 iPhone 1-on-1 Assistance 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Pinochle 1:00 Facebook—A Bit More 1:00 R.H. Chorus at Ecumen Seasons 5:30 Cardio & Strength 6:30 Pickleball | 10:00 Motorcycle Ride 24 10:30 Red Hat Chorus 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Silver Sneakers Flex™ Fitness 2 12:00 Euchre, Hand & Foot 1:30 Tai Chi 3:30 Zumba Gold | NO YOGA TODAY 25 9:00 Pickleball 9:00 Poker 10:00 500 Cards 12:30 Duplicate Bridge 1:00 Social Painting | 26 8:30 a.m. - 12:30 p.m. Driver Safety Class (4-hr.) |
| | | | | Aug. 24-Labor Day, Sept. 4, 2017  | | |
| 27 | 8:15 Yoga 28 9:00 Computer Tutoring 9:30 Knitting Class, Interval Walking 10:00 Wii™ Bowling 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Silver Sneakers Flex™ Fitness 2 1:00 Texas Hold 'Em & Mahjong 1:00 Spanish Beginners Class 2:00 Spanish Intermediates Class Deadline for Leinenkugel's Trip | 9:00 Pickleball 29 9:00 Dominoes & Poker 12:00 Party Bridge 12:30 Ping Pong 1:00 Hospice Presentation 1:00 Billiards 2:00 R.H. Chorus at Arbors at Ridges | 8:00 Men's Golf 30 8:15 Health Angels Biking 8:30 Beginner's Line Dancing 10:00 9:00 Poker & Hearts Casual Golf Women 9-12 Line Dancing 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Pinochle 5:30 Cardio & Strength 6:30 Pickleball | 10:30 Red Hat Chorus 31 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Silver Sneakers Flex™ Fitness 2 12:00 Euchre, Hand & Foot 1:30 Tai Chi 2:00 R.H. Chorus at 3:30 Zumba Gold | <div style="border: 2px dashed green; padding: 5px;"> Day Old Bread Available Monday-Friday, beginning at 10:15 a.m. </div> | |