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Hours: Monday-Thursday 8am to 7pm, Friday 8am to 5pm, Saturday 9am to 1pm

***** ** SCHEDULE IS SUBJECT TO CHANGE *****	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
J U N E 2 0 1 5	1 9:30 Senior Tabata Boot Camp 10:30 Pilyo  1:15 Pokeno 1:30 Enhance Fitness 6:00 Body Sculpt	2 9:00 Blood Pressure 9:30 Chair Fitness  10:45 Chat w/Nat-Fruit & Veggies More Matters 1:30 Open Sewing 1:30 Zumba 3:00 Water Aerobics 6:00 20/20 Fitness	3 9:00 Arcadia Mobile Farm Market 9:30 Instructors Choice 9:30 Old Skool Dancing 10:30 Computer Class 11:00 Pilates 1:00 Inspirational Hour 1:30 Enhance Fitness 2:30 Fitness w/Kojak 5:00 Hand Dance 5:45 Open Dance	4 9:30 Chair Yoga 10:30 Afro-Jazz 12:20 Choir 1:30 Pokeno 1:45 Tai-Chi 2:30 Chat w/Nat – Garden Club/Cooking Class 3:00 Water Aerobics 5:00 Chat w/Nat – Nutrition Wheel 6:00 20/20 Fitness	5 9:00 Fitness w/Kojak 10:00 Crochet 10:15 Line Dancing 10:30 Pilates 12:30 Chat w/Nat – Lunch & Learn  2:30 Chronic Disease Mgmt Program 1:00 Bingo 1:30 Enhance Fitness	6 9:00 DCOA Respite Program (Registration Required) 9:00 Fitness w/Kojak  10:30 Chat w/Nat – Nutrition Wheel 11:30 Weekend Meal
	8 9:30 Senior Tabata Boot Camp 10:30 Pilyo  1:15 Pokeno 1:30 Enhance Fitness 6:00 Body Sculpt	9 9:00 Blood Pressure 9:30 Chair Fitness 10:30 Sunshine Club 10:30 Anacostia Museum Trip 10:45 Chat w/Focus on Eye Health 1:30 Open Sewing 1:30 Zumba 2:30 Club Memory 3:00 Water Aerobics 6:00 20/20 Fitness	10 9:00 Arcadia Mobile Farm Market 9:30 Instructors Choice 9:30 Old Skool Dancing 10:30 Computer Class 10:45 Assembly Mtg 11:00 Pilates 1:00 Inspirational Hour 1:30 Enhance Fitness 2:30 Fitness w/Kojak 5:00 Hand Dance 5:45 Open Dance	11 9:00 DCOA Senior Picnic 9:30 Chair Yoga 10:30 Afro-Jazz 12:20 Choir 1:30 Pokeno 1:45 Tai-Chi 2:30 Chat w/Nat – Diabetes Support Group 3:00 Water Aerobics 5:00 Chat w/Nat – Diabetes Mgmt Tips 6:00 20/20 Fitness	12 9:00 Fitness w/Kojak  10:00 Crochet 10:15 Line Dancing 10:30 Pilates 12:30 Chat w/Nat – Lunch & Learn 1:30 Enhance Fitness 2:30 Chronic Disease Mgmt Program	13 9:00 DCOA Respite Program 9:30 Zumba  10:30 Chat w/Nat – Nutrition Taboo 11:30 Weekend Meal
	15 9:30 Senior Tabata Boot Camp 10:30 Pilyo 1:15 Pokeno 1:30 Enhance Fitness 6:00 Body Sculpt 	16 11:00 Blood Pressure 9:30 Chair Fitness 10:30 DCOA Brain Day 1:30 Open Sewing 1:30 Zumba 3:00 Water Aerobics 6:00 20/20 Fitness	17 9:00 Arcadia Mobile Farm Market 9:30 Senior Tabata 9:30 Old Skool Dancing 10:30 Computer Class 11:00 Pilates 1:00 Inspirational Hour 1:30 Enhance Fitness 2:30 Fitness w/Kojak 5:00 Hand Dance 5:45 Open Dance	18 9:30 Chair Yoga 11:00 Father's Day Luncheon Trip 12:20 Choir 1:30 Pokeno 1:45 Tai-Chi 2:30 Chat w/Nat - Protect Yourself 3:00 Water Aerobics 5:00 Chat w/Nat-Men's Health 6:00 20/20 Fitness	19 9:00 Fitness w/Kojak 10:00 Crochet 10:15 Line Dancing 10:30 Pilates 10:30 Medicare Patrol 1:00 Bingo 1:30 Enhance Fitness 2:30 Chronic Disease Mgmt Program	20 9:00 DCOA Respite Program 9:30 Sit & Be Fit w/Linda 10:30 Line Dancing  11:30 Weekend Meal

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SHARE PICK UP FRIDAY June 26</p>  <p>PART OF SENIOR SERVICE NETWORK SUPPORTED BY DCOA MANAGED BY PROVIDENCE HOSPITAL</p>	<p>22 9:30 Senior Tabata Boot Camp 10:30 Pilyo</p>  <p>11:30 Chair Massage 1:15 Pokeno 1:30 Enhance Fitness</p> <p>6:00 Body Sculpt</p> 	<p>23 9:30 Chair Fitness</p>  <p>11:00 Blood Pressure 1:30 Open Sewing</p>  <p>1:30 Zumba</p>  <p>Zumba Gold</p> <p>2:30 Club Memory 3:00 Water Aerobics 6:00 20/20 Fitness</p>	<p>24 9:00 Arcadia Mobile Farm Market 9:30 Instructor Choice 9:30 Old Skool Dancing 10:30 Computer Class 10:45 Puzzle and Fun</p>  <p>11:00 Pilates 1:00 Inspirational Hour 1:30 Enhance Fitness 2:30 Fitness w/Kojak</p> <p>5:00 Hand Dance Lesson 5:45 Open Dance</p> 	<p>25 9:30 Chair Yoga 10:30 Afro-Jazz 12:20 Choir 1:45 Tai-Chi</p>  <p>1:30 Pokeno 2:30 Chat w/Nat – Garden Club/Cooking Class 3:00 Water Aerobics</p> <p>5:00 Chat w/Nat – Cooking Demo 6:00 20/20 Fitness</p>	<p>26 9:00 Fitness w/Kojak 10:00 Crochet 10:15 Line Dancing 10:30 Pilates 12:30 Chat w/Nat –</p>  <p>LUNCH LEARN</p> <p>1:00 Birthday Party</p>  <p>1:30 Enhance Fitness 2:30 Chronic Disease Mgmt Program</p>	<p>27 9:00 DCOA Respite Program 9:30 Zumba</p>  <p>ZUMBA FITNESS</p> <p>10:30 Weight Room Training 11:30 Weekend Meal</p>
 	<p>29 9:30 Senior Tabata Boot Camp 10:30 Pilyo 1:15 Pokeno 1:30 Enhance Fitness</p> <p>6:00 Body Sculpt</p> 	<p>30 9:30 Chair Fitness 11:00 Blood Pressure 1:30 Open Sewing 1:30 Zumba 2:30 Movie Extravaganza (In house) 3:00 Water Aerobics 6:00 20/20 Fitness</p>	<p>Fresh Fruit & Veggie Month Papaya Month Cataract Awareness Month Iced Tea Month</p>		<p>Candy Month National Safety Month Dairy Month</p> <p>JUNE 2015</p>	