

Mon	Tues	Wed	Thurs	Fri
1 9:00 am - 12:00 pm AARP Tax Aide Program 9:00 am - 11:30 am RSVP Garden Club 9:00 am - 10:00 am Line Dancing Class- Beginner's 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Line Dancing Class- Advanced	2 9:00 am - 12:00 pm AARP Tax Aide Program 10:00 am - 11:00 am Low Impact Aerobics 10:00 am - 11:00 pm Virtual Tai Chi... 10:00 am - 12:30 pm Diabetes Self-Management Workshop 11:00 am - 12:00 pm Senior Stretch & Yoga 1:30 pm - 2:30 pm Virtual Tai Chi...	3 9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Skills Session 12:00 pm - 1:00 pm Dementia Family Support Group – Albany	4 10:00 am - 11:00 am Chair Fitness	5
8 9:00 am - 12:00 pm AARP Tax Aide Program 9:00 am - 11:30 am RSVP Garden Club 9:00 am - 10:00 am Line Dancing Class- Beginner's 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Line Dancing Class- Advanced 11:00 am - 12:00 pm Aging Mastery Program Workshops	9 9:00 am - 12:00 pm AARP Smart Driver Course 9:00 am - 12:00 pm AARP Tax Aide Program 10:00 am - 11:00 am Low Impact Aerobics 10:00 am - 11:00 pm Virtual Tai Chi ... 10:00 am - 12:30 pm Diabetes Self-Management Workshop 11:00 am - 12:00 pm Senior Stretch & Yoga 1:30 pm - 2:30 pm Virtual Tai Chi...	10 9:00 am - 12:00 pm AARP Smart Driver Course 9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Skills Session	11 10:00 am - 11:00 am Chair Fitness	12
15 9:00 am - 12:00 pm AARP Tax Aide Program 9:00 am - 11:30 am RSVP Garden Club 9:00 am - 10:00 am Line Dancing Class- Beginner's 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Line Dancing Class- Advanced 11:00 am - 12:00 pm Aging Mastery Program Workshops	16 9:30 am - 11:30 am Game Day 10:00 am - 11:00 am Low Impact Aerobics 10:00 am - 11:00 pm Virtual Tai Chi... 10:00 am - 12:30 pm Diabetes Self-Management Workshop 11:00 am - 12:00 pm Senior Stretch & Yoga 1:30 pm - 2:30 pm Virtual Tai Chi ...	17 9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Skills Session	18 10:00 am - 11:00 am Chair Fitness	19
22 9:00 am - 11:30 am RSVP Garden Club 9:00 am - 10:00 am Line Dancing Class- Beginner's 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Line Dancing Class- Advanced 11:00 am - 12:00 pm Aging Mastery Program Workshops	23 10:00 am - 11:00 am Low Impact Aerobics 10:00 am - 11:00 pm Virtual Tai Chi ... 10:00 am - 12:30 pm Diabetes Self-Management Workshop 11:00 am - 12:00 pm Senior Stretch & Yoga 1:30 pm - 2:30 pm Virtual Tai Chi ...	24 9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Skills Session	25 10:00 am - 11:00 am Chair Fitness 10:00 am - 12:00 pm "A Better Way Grocers" Mobile Grocery Truck	26
29 9:00 am - 11:30 am RSVP Garden Club 9:00 am - 10:00 am Line Dancing Class- Beginner's 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Line Dancing Class- Advanced 11:00 am - 12:00 pm Aging Mastery Program Workshops	30 10:00 am - 11:00 am Low Impact Aerobics 10:00 am - 11:00 pm Virtual Tai Chi... 10:00 am - 12:30 pm Diabetes Self-Management Workshop 11:00 am - 12:00 pm Senior Stretch & Yoga 1:30 pm - 2:30 pm Virtual Tai Chi ...			