

July 2021 CCC Activity Calendar

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 Walk 9:00 Bone Builders 9:30 Knitters 10:30 Tai Chi Fall Prevention Review 1:15 SUN 73 Tai Chi 5:30 Ukelele	2 Walk 10:30 Better Balance <i>Send your Walking Challenge distance to homested@shoreham.net</i>	3 Walk
4 Happy 4th 	5 Center Closed for July 4th Holiday	6 Walk 9:00 Bone Builders 10:30 Tai Chi Practice 1:00 Sewing Circle 3:00 Creative Writing	7 Walk 8:30-9:45 Yoga 10:30 Better Balance 11:00-12 BLOOD PRESSURE SCREENING 11:00 Eat Smart & Move More 12:00 PICNIC ON THE LAWN #1 4:00 Great Courses Churchill- Zoom	8 Walk 9:00 Bone Builders 9:30 Knitters 10:30 Tai Chi Fall Prevention Review 1:15 SUN 73 Tai Chi	9 Walk 10:30 Better Balance <i>Send your Walking Challenge distance to homested@shoreham.net</i>	10 Walk
11	12 Walk 9:00 Tai Chi for Falls Prevention -Beginners 9:30 Knitters 10:30 Better Balance	13 Walk 9:00 Bone Builders 10:30 Tai Chi Practice 1:00 Sewing Circle 3:00 Creative Writing	14 Walk 8:30-9:45 Yoga 10:30 Better Balance 11:00 Eat Smart & Move More 4:00 Great Courses Churchill- Zoom 6:30 ICE CREAM SOCIAL 7:00 KILLINGTON MUSIC FEST	15 Walk 9:00 Bone Builders 9:30 Knitters 10:30 Tai Chi Fall Prevention Review 1:15 SUN 73 Tai Chi 5:30 Ukelele 1:00-3:00 RAVNAH FOOT CLINIC <small>by appointment</small>	16 Walk 10:30 Better Balance <i>Send your Walking Challenge distance to homested@shoreham.net</i>	17 Walk
18	19 Walk 9:00 Tai Chi for Falls Prevention -Beginners 9:30 Knitters 10:30 Better Balance	20 Walk 9:00 Bone Builders 10:30 Tai Chi Practice 1:00 Sewing Circle 3:00 Creative Writing	21 Walk 8:30-9:45 Yoga 10:30 Better Balance 11:00 Eat Smart & Move More 12:00 PICNIC ON THE LAWN #2 4:00 Great Courses Winston Churchill- Zoom	22 Walk 9:00 Bone Builders 9:30 Knitters 10:30 Tai Chi Fall Prevention Review 1:15 SUN 73 Tai Chi	23 Walk 10:30 Better Balance <i>Send your Walking Challenge distance to homested@shoreham.net</i>	24 Walk
25	26 Walk 9:00 Tai Chi for Falls Prevention -Beginners 9:30 Knitters 10:30 Better Balance	27 Walk 9:00 Bone Builders 10:30 Tai Chi Practice 1:00 Sewing Circle 3:00 Creative Writing	28 Walk 8:30-9:45 Yoga 9:00-11:00 COFFEE HOUR WELCOME 10:30 Better Balance 11:00 Eat Smart & Move More 4:00 Great Courses Churchill- Zoom	29 Walk 9:00 Bone Builders 9:30 Knitters 10:30 Tai Chi Fall Prevention Review 1:15 SUN 73 Tai Chi	30 Walk 10:30 Better Balance <i>Send your Walking Challenge distance to homested@shoreham.net</i>	31 Walk

Refer to program descriptions in the Newsletter for details