




June 2022 Programs



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1 7:30 AA			1 8:30 Yoga 9:30 Kayak Club 10:30 Better Balance 12:00 CCC Dinner 1:00 Take Note Vocal Group 1:30 Great Courses Theory of Evolution	2 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Beginner Tai Chi 1:15 SUN 73 Tai Chi 6:00 Ukulele	3 9:00-11 Coffee Hour 10:30 Better Balance <i>Send your walking miles</i>	4
5 7:30 AA	6 9:00 Hike 10:00&11:00 Guitar 10:30 Better Balance 12:00 CCC Dinner 1:00 Line Dance 1:00 Bridge	7 9:00 Bone Builders 10:30 Tai Chi Practice 3:00 Creative Writing	8 8:30 Yoga 9:30 Kayak Club 10:30 Better Balance 12:00 CCC Dinner 1:00 Take Note Vocal Group 1:30 Great Courses Theory of Evolution 6:00 Bocce	9 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Beginner Tai Chi 1:00 Wind Chime Workshop #1 1:15 SUN 73 Tai Chi	10 9:00-11 Coffee Hour 10:30 Better Balance <i>Send your walking miles</i>	11
12 7:30 AA	13 10:00&11:00 Guitar 10:30 Better Balance 12:00 CCC Dinner 1:00 Line Dance 1:00 Bridge	14 9:00 Bone Builders 10:30 Tai Chi Practice Field Trip: High Tea & Art Exhibit 3:00 Creative Writing	15 8:30 Yoga 9:30 Kayak Club 10:30 Better Balance 12:00 LUNCH ON THE LAWN 1:00 Take Note Vocal Group 1:30 Great Courses Theory of Evolution 6:00 Bocce	16 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Beginner Tai Chi 1:00-3:00 Foot Clinic 1:15 SUN 73 Tai Ch 6:00 Ukulele	17 9:00-11 Coffee Hour 10:30 Better Balance <i>Send your walking miles</i>	18
19 HAPPY FATHER'S DAY 7:30 AA	20 9:00 Hike 10:00&11:00 Guitar 10:30 Better Balance 12:00 CCC Dinner 1:00 Line Dance 1:00 Bridge	21 9:00 Bone Builders 10:30 Tai Chi Practice 12:30 Make Music Day 3:00 Creative Writing	22 8:30 Yoga 9:30 Kayak Club 10:30 Better Balance 11:30 SASH- Blood Pressure Screening 12:00 BIRTHDAY DINNER 1:00 Take Note Vocal Group 1:30 NO Great Courses 6:00 Bocce	23 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Beginner Tai Chi 1:00 Wind Chime Workshop #2 1:15 SUN 73 Tai Chi	24 9:00-11 Coffee Hour 10:30 Better Balance <i>Send your walking miles</i>	25  Town Wide Yard Sale 9:00-2:00
26 7:30 AA	27 10:00&11:00 Guitar 10:30 Better Balance 12:00 CCC Dinner 1:00 Line Dance 1:00 Bridge	28 9:00 Bone Builders 10:30 Tai Chi Practice 3:00 Creative Writing 7:00 Castleton Concert- CCC 50/50	29 8:30 Yoga 9:30 Kayak Club 10:30 Better Balance 12:00 CCC Dinner 1:00 Take Note Vocal Group 1:30 Great Courses Theory of Evolution 6:00 Bocce	30 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Beginner Tai Chi 1:15 SUN 73 Tai Chi		

Refer to the program descriptions for details