



July 2022 Programs



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 9:00-11 Coffee Hour 10:30 Better Balance <i>Send your walking miles</i>	2
3 7:30 AA	4 	5 9:00 Bone Builders 10:30 Tai Chi Practice 3:00 Creative Writing	6 8:30 Yoga 9:30 Kayak Club 10:30 Better Balance 12:00 CCC Dinner 1:30 Great Courses Theory of Evolution	7 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Fall Prevention Tai Chi 1:15 SUN 73 Tai Chi 6:00 Bocce 6:00 Ukulele	8 9:00-11 Coffee Hour 10:30 Better Balance <i>Send your walking miles</i>	9
10 7:30 AA	11 10:30 Better Balance 11:30 SASH Blood Pressure Screening 12:00 BIRTHDAY DINNER 1:00 Line Dance 1:00 Bridge	12 9:00 Bone Builders 10:30 Tai Chi Practice 3:00 Creative Writing	13 8:30 Yoga 9:30 Kayak Club 10:30 Better Balance 12:00 CCC Dinner 1:30 Great Courses Theory of Evolution 6:30 KILLINGTON MUSIC FESTIVAL & ICE CREAM SOCIAL 6:00 Bocce	14 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Fall Prevention Tai Chi 1:15 SUN 73 Tai Ch	15 9:00-11 Coffee Hour 10:30 Better Balance <i>Send your walking miles</i>	16
17 7:30 AA	18 9:00 Hiking Club 10:30 Better Balance 12:00 CCC Dinner 1:00 Line Dance 1:00 Bridge	19 9:00 Bone Builders 10:30 Tai Chi Practice 3:00 Creative Writing	20 8:30 Yoga 9:30 Kayak Club 10:30 Better Balance 12:00 LUNCH ON THE LAWN 1:30 Great Courses Theory of Evolution	21 9:00 Bone Builders 9:30 Knitters 10:30 NO Longevity Tree 11:30 Fall Prevention Tai Chi 1:00-3:00 Foot Clinic 1:15 SUN 73 Tai Chi 6:00 Bocce 6:00 Ukulele	22 9:00-11 Coffee Hour 10:30 Better Balance <i>Send your walking miles</i>	23
24 7:30 AA <hr/> 31 7:30 AA	25 10:30 Better Balance 12:00 CCC Dinner 1:00 Line Dance 1:00 Bridge	26 9:00 Bone Builders 10:30 Tai Chi Practice 3:00 Creative Writing	27 8:30 Yoga 9:30 Kayak Club 10:30 Better Balance 12:00 CCC Dinner 1:30 Great Courses Theory of Evolution 6:00 Bocce	28 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Fall Prevention Tai Chi 1:15 SUN 73 Tai Chi	29 9:00-11 Coffee Hour 10:30 Better Balance <i>Send your walking miles</i>	30

Refer to the program descriptions for details