

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 ZOOM Exercise—9:30 am Tone & Tighten	2 Fitness Room 9 & 10am	3 ZOOM Group Exercise 9:30 Bible Study 10:00 Arthritis Class 11:00	4 Fitness Room 9 & 10 am *WAGES Frozen Meals 10:30 am	5 Senior Games Health Fair TO GO 8:30-10:00am
8 ZOOM Exercise—9:30 am Tone & Tighten	9 Food Bank-MUST pre-register Fitness Room 9 & 10 am WCC Sewing Class Powerful Tools for Caregivers 10—11:30am	10 ZOOM Group Exercise 9:30 Bible Study 10:00 Arthritis Class 11:00	11 Fitness Room 9 & 10 am *WAGES Frozen Meals 10:30 am	12 Line Dance 9:30 Arthritis Class 11:00 Corn Hole Practice 2&3pm
15 ZOOM Exercise—9:30 am Tone& Tighten	16 Fitness Room 9 &10am WCC Sewing Class Powerful Tools for Caregivers 10-11:30am	17 ZOOM Group Exercise 9:30 Bible Study 10:00 Arthritis Class 11:00	18 Fitness Room 9 & 10 am *WAGES Frozen Meals 10:30 am	19 Line Dance 9:30 Arthritis Class 11:00 Corn Hole Practice 2&3pm
22 ZOOM Exercise—9:30 am Tone & Tighten	23 Fitness Room 9 & 10 am WCC Sewing Class Powerful Tools for Caregivers10-11:30am	24 ZOOM Group Exercise 9:30 Bible Study 10:00 Arthritis Class 11:00	25 Fitness Room 9 & 10 am *WAGES Frozen Meals 10:30 am	26 Line Dance 9:30 Arthritis Class 11:00 Corn Hole Practice 2&3pm

**WAGES Frozen Grab & Go Meals-Call WAGES to register 919-580-1790.*

Powerful Tools for Caregivers, Fitness Room, Corn Hole, Arthritis Class, Line Dance and ZOOM Exercise classes are by REGISTRATION ONLY.

Call Lisa Weston 919-731-1589.

Bible Study is on a Party Line-please call Lisa Weston to register and receive the Party Line phone number.