


# FORSYTH SENIOR CENTER ACTIVITIES JUNE 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> <b>9:00 ADVANCED ARTHRITIS/YOGA CLASS</b>	<b>2</b> <b>9:30 CHAIR EXERCISE</b>  <b>12:30 BINGO</b>	<b>3</b> <b>8:30 YOGA</b> <b>9:00 ARTHRITIS CLASS</b>
<b>6</b> <b>8:30 YOGA</b> <b>9:00 ARTHRITIS CLASS</b>	<b>7</b> <b>9:30 CHAIR EXERCISE</b>  <b>WHEEL OF FORTUNE</b> <b>12:30</b>	<b>8</b> <b>9:00 ADVANCED ARTHRITIS/YOGA CLASS</b>  <b>POTLUCK PICNIC</b> <b>RIVERSIDE PARK</b> <b>NOON</b>	<b>9</b> <b>9:30 CHAIR EXERCISE</b>  <b>12:30 BINGO</b>	<b>10</b> <b>8:30 YOGA</b> <b>9:00 ARTHRITIS CLASS</b>
<b>13</b> <b>8:30 YOGA</b> <b>9:00 ARTHRITIS CLASS</b>	<b>14 BIRTHDAY DAY!!</b> <b>9:30 CHAIR EXERCISE</b>  <b>LINDA WOLFF FROM ACTION</b> <b>12:30</b>	<b>15 9:00 ADVANCED ARTHRITIS/YOGA CLASS</b>  <b>WILDCARD WEDNESDAY</b> <b>MOVIE DAY??</b>	<b>16 9:30 CHAIR EXERCISE</b>  <b>12:30 BINGO</b>	<b>17</b> <b>8:30 YOGA</b> <b>9:00 ARTHRITIS CLASS</b>  <b>SHORT STORY CLUB??</b>
<b>20</b> <b>8:30 YOGA</b> <b>9:00 ARTHRITIS CLASS</b>	<b>21 9:30 CHAIR EXERCISE</b>  <b>CRAFTS 12:30</b>  <b>FOOT CLINIC—CALL US FOR AN APPT.</b>	<b>22 9:00 ADVANCED ARTHRITIS/YOGA CLASS</b>  <b>WILDCARD WEDNESDAY</b>	<b>23 9:30 CHAIR EXERCISE</b>  <b>12:30 BINGO</b>	<b>24</b> <b>8:30 YOGA</b> <b>9:00 ARTHRITIS CLASS</b>  <b>LIVE MUSIC 12:30</b> <b>ANDY MITZKUS AND THE BAND!!</b>
<b>27</b> <b>8:30 YOGA</b> <b>9:00 ARTHRITIS CLASS</b>	<b>28</b> <b>9:30 CHAIR EXERCISE</b>  <b>CARD SOCIAL</b>	<b>29 9:00 ADVANCED ARTHRITIS/YOGA CLASS</b>  <b>WILDCARD WEDNESDAY: "MEMORY LANE"</b>	<b>30 9:30 CHAIR EXERCISE</b>  <b>12:30 BINGO</b>	<b>JULY 1</b> <b>8:30 YOGA</b> <b>9:00 ARTHRITIS CLASS</b>

## HAPPY FATHER'S DAY!!!