



Every SUNDAY	Every MONDAY	Every TUESDAY	Every WEDNESDAY	Every THURSDAY	Every FRIDAY	Every SATURDAY
1:00 Mah-Jongg 1:30 Sunday Movie 2:00 Scrabble	8:00 <i>Senior Golf</i> 8:45 Tai Chi \$ 9:00 Hiking 9:45 Primetime Fitness \$ 10:00 Writing for Healing & Growth \$, Sew & Sews, Getting Better at Bridge 10:45 Chair Yoga 12:30 Chess Club 1:15 Ageless Grace \$ (Will not meet July 1), <i>Water Workout</i> \$ 1:30 Mah-Jongg (Chinese) 2:30 Member Social 4:00 <i>Member Social Dinner</i> \$ 6:45 Pickleball \$	9:00 Full Life Fitness Mani/Pedicures \$, <i>Bowling</i> \$ 9:30 Primetime Fitness \$ 10:00 Medicare Consulting (by appt.) 10:00 Robust Aging Toolbox 10:15 <i>Water Workout</i> \$ 10:30 Arthritis Exercise \$ 10:45 Second Wind Band 12:00 Bridge Tune-Up 12:00 Men's Poker 1:00 Taste of Spanish (beg.), (Meets July 9, 16, and offsite July 30) Social Bridge 1:15 Round Dancing \$ (beg) 2:00 Pickleball \$, Mah-Jongg (Western) 2:10 Advanced Beginner Spanish (Meets July 9, 16, and offsite July 23) 2:15 Round Dancing \$ (int) 3:20 Keeping Up Your Spanish (Meets July 9 & 16) 6:00 Singles' Schmooze \$	8:45 Tai Chi \$ 9:00 Hiking 9:30 BeMoved \$ (Only meets July 3), Crafty Ladies, Dominoes, Seated Massage \$ 9:45 Primetime Fitness \$ 10:00 <i>Bowling</i> \$ 10:45 First-Wind Band 11:30 Canasta 12:00 TOPS, Poker, Pickleball \$ 1:00 Scrabble, Mah-Jongg 1:15 <i>Water Workout</i> \$ 1:15 Ageless Grace \$ (Will not meet July 3) 3:00 Knit-Wits, Ping Pong 4:00 Square Dancing Lessons 6:30 International Folk Dancing, Line Dance (beg) 7:30 Tai Chi \$, Line Dance (adv)	9:00 Party Bridge, <i>Ivy Creek Walking Group</i> 9:30 Primetime Fitness \$ 10:00 AA , Recorder Lessons (inter.) 10:15 <i>Water Workout</i> \$, Tap Dancing \$ (beg.) 10:30 Arthritis Exercise \$ 11:00 Recorder Lessons (beg.) 11:15 Craft DIY, Tap Dancing \$ (int.) 12:00 NIA - Moving to Heal \$ 12:00 Sheepshead 12:30 Duplicate Bridge 1:00 Albemarle Carvers, Apple/Mac Users Group, Financial Counseling (by appt.) 3:15 Chair Yoga 4:30 Medicare Consulting (by appt.) 5:00 Pickleball \$ 5:30 American Mah-Jongg Lessons + Beginners Game 6:30 Drumming Group	8:45 Tai Chi \$ 9:00 Full Life Fitness, Mah-Jongg 9:30 Friday Art Group 9:45 <i>Northside Walking Group</i> , PrimeTime Fitness \$ 10:30 Bingo 10:45 Flashbacks \$ 11:00 <i>Water Workout</i> \$ 12:00 Writing for Pleasure 1:00 Fun Time Line Dancing (beg), Still Sharp Singers \$ Euchre 2:15 Pickleball \$ 2:30 Barbershop Belles & Beaux, Line Dancing (adv) 3:00 Bereavement Support Group	1:00 <i>Pickleball</i> \$
	1 1:00 Senior Council 2:00 Bunko	2 10:00 Blood Pressure Screenings 11:00 Hearing Screenings 12:00 Try It Out Tuesday 4:00 Virginia's Civil War \$ (cont.) 6:00 Make Your Money Last \$ (cont.)	3 9:30 Kingfishers Fishing Club 11:00 Book Group 5:00 Travel Buddies	4 Closed for Independence Day 11 10:00 Investment Visions 10:30 Vaping: What is it and Who's Doing it? 1:30 Move for Health with Darcy Higgins 2:00 Le Cercle Français 2:00 Backgammon & Cribbage 4:00 Essential Tremor Support Group 5:30 We Got Game! Night	5 10:00 Investors' Forum 2:15 Enjoying Short Stories	6
7	8 1:00 Piedmont Pastelists 1:00 All Things Digital	9 10:00 Money & You w/ Jorgen Vik 10:30 Paper Quilling \$ 2:00 One Small Step 4:00 Virginia's Civil War \$ (cont.)	10 1:30 Senior Statesmen of Virginia	11 1:00 Ladies' Poker 3:00 Socrates Cafe	12 10:00 Religion, Science, and Spirituality 2:15 Enjoying Short Stories	13
14	15 2:00 Bunko	16 1:00 Multiple Faces of Dementia 6:30 What You Should Know About Life Insurance Settlements	17 10:00 Hearing Health 11:30 Monthly Luncheon \$	18 11:30 am-1:30 pm Food Truck 10:00 Investment Visions 2:00 Backgammon & Cribbage 2:00 Le Cercle Français 5:30 We Got Game! Night	19 10:00 Investors' Forum 11:00 Long-Term Care Q&A (call for appt) 2:15 Enjoying Short Stories	20
21	22	23	24 10:00 Low Vision Support Group 11:00 Creating a Bird-Friendly Environment at Home 1:00-4:00 Legal Consultation (call for appt) 3:00 Town Hall Meeting	25	26 12:00 Writing for Pleasure Coffeehouse 2:15 Enjoying Short Stories 3:00 Ice Cream Social	27
28	29	30 10:00 Staying Healthy with SPECTRUM Physical Therapy 1:00 Eight Myths of Hospice Care	31 9:30-2:30 DMV Connect Onsite			

KEY: Programs ... *in italics* are off-site; **in bold** are open to the public; with a fee have a \$. Subject to change. Check for updates and additions at thecenterville.org, or visit our Facebook page.

Every SUNDAY Every MONDAY Every TUESDAY Every WEDNESDAY Every THURSDAY Every FRIDAY Every SATURDAY

1:00 Mah-Jongg
 1:30 Sunday Movie
 2:00 Scrabble

8:45 **Tai Chi** \$
 9:00 Hiking
 9:45 **Primetime Fitness** \$
 10:00 Writing for Healing & Growth \$,
 Sew & Sews
 Getting Better at Bridge
 10:45 Chair Yoga
 12:30 Chess Club
 1:15 **Ageless Grace** \$,
 Water Workout \$
 1:30 Mah-Jongg (Chinese)
 2:30 Member Social
 4:00 *Member Social Dinner* \$
 6:45 **Pickleball** \$

9:00 Full Life Fitness
 Mani/Pedicures \$,
 Bowling \$
 9:30 **Primetime Fitness** \$
 10:00 **Medicare Consulting** (by appt.)
 10:00 **Robust Aging Toolbox**
 10:15 *Water Workout* \$
 10:30 **Arthritis Exercise** \$
 10:45 Second Wind Band
 12:00 Bridge Tune-Up
 12:00 Men's Poker
 1:00 **Taste of Spanish** (beg.),
(Meets June 11, 18, 25)
 Social Bridge
 1:15 **Round Dancing** \$ (beg)
 2:00 **Pickleball** \$,
 Mah-Jongg (Western)
Advanced Beginner Spanish
(Meets June 11, 18, 25)
 2:15 **Round Dancing** \$ (int)
 3:15 **Keeping Up Your Spanish**
(Meets June 11, 25)
 6:00 Singles' Schmooze \$

8:45 **Tai Chi** \$
 9:00 Hiking
 9:30 **BeMoved** \$
 Crafty Ladies,
 Dominoes,
Seated Massage \$
 9:45 **Primetime Fitness** \$
 10:00 *Bowling* \$
 10:45 **First-Wind Band**
 11:30 Canasta
 12:00 **TOPS, Poker, Pickleball** \$
 1:00 Scrabble, Mah-Jongg
 1:15 *Water Workout* \$
1:15 Ageless Grace \$
 3:00 Knit-Wits, Ping Pong
 4:00 **Square Dancing Lessons**
 6:30 **International Folk Dancing,**
Line Dance (beg)
 7:30 **Tai Chi** \$,
Line Dance (adv)

9:00 Party Bridge,
Ivy Creek Walking Group
 9:30 **Primetime Fitness** \$
 10:00 **AA,**
 Recorder Lessons (int.)
 10:15 *Water Workout* \$
Tap Dancing \$ (beg)
 10:30 **Arthritis Exercise** \$
 11:00 Recorder Lessons (beg.)
 11:15 Craft DIY,
Tap Dancing \$ (int.)
 12:00 **NIA - Moving to Heal** \$
 12:00 **Sheepshead**
 12:30 Duplicate Bridge
 1:00 Albemarle Carvers,
 Apple/Mac Users Group
 Financial Counseling (by appt.)
 3:15 Chair Yoga
 4:30 **Medicare Consulting**
 (by appt.)
 5:00 **Pickleball** \$
 5:30 American Mah-Jongg Lessons
 + Beginners Game
 6:30 **Swing Dance Lessons** *(Starts June 13)*
Drumming Group - NEW!
 7:30 **Swing Swap Swing Dance** *(Starts June 13)*

8:45 **Tai Chi** \$
 9:00 Full Life Fitness,
 Mah-Jongg
 9:30 Friday Art Group
 9:45 *Northside Walking Group,*
PrimeTime Fitness \$
 10:30 **Bingo**
 10:45 Flashbacks \$
 11:00 *Water Workout* \$
 12:00 Writing for Pleasure
 1:00 **Fun Time Line Dancing** (beg)
 Still Sharp Singers \$
 2:15 **Pickleball** \$
 2:30 Barbershop Belles & Beaux
Line Dancing (adv)
 3:00 **Bereavement Support Group**

1:00 *Pickleball* \$



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July on reverse side

2

3
 10:00 **Matter of Balance** \$
 1:00 **Senior Council**
 2:00 Bunko

4
 10:00 **Blood Pressure Screenings**
 11:00 **Hearing Screenings**
 12:00 **Try It Out Tuesday**
 4:00 **Virginia's Civil War** \$

5
 9:30 Kingfishers Fishing Club
 10:00 **Matter of Balance** \$ (cont.)
 11:00 Book Group
 5:00 Travel Buddies
 5:00 Cooking Demo with
 UVA Interns

6
 10:45 **Parkinson's Caregiver Support Group**
 1:00 Ladies' Poker
 1:00 **Euchre**
 3:00 Socrates Cafe

7
 10:00 Investors' Forum
 10:00 **Religion, Science, and Spirituality**
 12:00 **Art Composition Class** \$ (cont.)
 2:15 **Enjoying Short Stories**
 7:00 **Beach Dance Party** \$

8

9
 1:15 **Central Virginia Dowers**

10
 10:00 **Matter of Balance** \$ (cont.)
 1:00 **Piedmont Pastelists**
 1:00 **All Things Digital**

11
 9:30–2:30 **DMV Connect Onsite**
 10:00 **Money & You w/ Jorgen Vik**
 4:00 **Virginia's Civil War** \$ (cont.)
 6:00 **Make Your Money Last** \$

12
 10:00 **Matter of Balance** \$ (cont.)
 1:30 **Senior Statesmen of Virginia**

13
 10:00 Investment Visions
 1:30 **Self Care & Symptoms Management**
 2:00 Backgammon & Cribbage
 2:00 Le Cercle Français
 4:00 **Essential Tremor Support Group**

14
 11:00 **Long-Term Care Q&A**
 (call for appt)
 12:00 **Art Composition Class** \$ (cont.)
 2:15 **Enjoying Short Stories**

15

16

17
 1:00 **Matter of Balance** \$ (cont.)
 2:00 Bunko

18
 10:00 **Elderlaw with Doris Gelbman**
 4:00 **Virginia's Civil War** \$ (cont.)
 6:00 **Make Your Money Last** \$ (cont.)

19
 10:00 **Hearing Health**
 11:30 **Monthly Luncheon** \$
 12:30 **Still Sharp Singers Concert**
 1:00 **Matter of Balance** \$ (cont.)
 2:00 **Medicare Plans—What's Right for you?**

20
 1:00 Ladies' Poker
 1:00 **Euchre**
 3:00 Socrates Cafe
 6:30 **We Got Game! Night**

21
 10:00 Investors' Forum
 12:00 **Art Composition Class** \$ (cont.)
 2:15 **Enjoying Short Stories**
 3:00 Ice Cream Social

22

23 / 30

24
 10:00 **Matter of Balance** \$ (cont.)
 1:00 **Staying Home vs. Senior Living**

25
 10:00 **Staying Healthy with SPECTRUM Physical Therapy**
 10:00 **Long-term Care Planning Seminar**
 4:00 **Virginia's Civil War** \$ (cont.)
 6:00 **Make Your Money Last** \$ (cont.)

26
 10:00 **Matter of Balance** \$ (cont.)
 10:00 **Low Vision Support Group**
 1:00–4:00 Legal Consultation
 (call for appt)

27
 11:30 am-1:30 pm Food Truck
 10:00 Investment Visions
 2:00 Backgammon & Cribbage
 2:00 Le Cercle Français

28
 12:00 **Art Composition Class** \$ (cont.)
 12:00 **Writing for Pleasure Coffeehouse**
 2:15 **Enjoying Short Stories**

29