

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Senior Activities</b> <b>@ Lake Mayer Community Center</b>	 <b>Edward Daniels</b> <b>Recreation Superintendent</b> edaniels@chathamcounty.org <b>912-660-6002</b>	1 9-945am: Seniors in Motion 9-10am: Arthritis Swim 1130-1215: SPRY Chair + Mat Yoga 1-2pm: Intermediate Dance 2-3pm: Advance Dance	2 10-12pm: Arts & Crafts 10-12pm: Puzzles 10-12pm: Games 1215-330pm: Quilting	 3 <b>No Activities</b> <i>Fun Wagon @ Coastal Empire</i> <i>Montessori</i>
6 9-945am: Seniors in Motion 9-10am: Arthritis Swim 10-11am: Line Dancing 1-2pm: Intermediate Dance 2-3pm: Advance Dance 6-7pm: Zumba (\$5)	7 9-10am: Aqua Yoga 10-11am: "How to Develop and Follow Your Intuition" Lecture 1230-115pm: SPRY Chair Yoga 330-415pm: SPRY Chair + Mat Yoga 7-9pm: Chicago Style Step (\$5)	8 9-945am: Seniors in Motion 9-10am: Arthritis Swim 1130-1215: SPRY Chair + Mat Yoga 1-2pm: Intermediate Dance 2-3pm: Advance Dance 6-7pm: Zumba (\$5)	9 10-12pm: Arts & Crafts 10-12pm: Puzzles 10-12pm: Games 1215-330pm: Quilting	10 1 pm: Ice Cream Social
13 9-10am: Arthritis Swim 10-11am: Line Dancing 1-2pm: Intermediate Dance 2-3pm: Advance Dance 6-7pm: Zumba (\$5)	14 9-10am: Aqua Yoga 1230-115pm: SPRY Chair Yoga 1-3pm: Bingo @ Rose of Sharon 330-415pm: SPRY Chair + Mat Yoga 7-9pm: Chicago Style Step (\$5)	15 9-945am: Seniors in Motion 9-10am: Arthritis Swim 1130-1215: SPRY Chair + Mat Yoga 1-2pm: Intermediate Dance 2-3pm: Advance Dance 6-7pm: Zumba (\$5)	16 10-12pm: Arts & Crafts 10-12pm: Puzzles 10-12pm: Games 1215-330pm: Quilting	17 
20 9-945am: Seniors in Motion 9-10am: Arthritis Swim 10-11am: Line Dancing 1-2pm: Intermediate Dance 2-3pm: Advance Dance 6-7pm: Zumba (\$5)	21 9-10am: Aqua Yoga 1230-115pm: SPRY Chair Yoga 330-415pm: SPRY Chair + Mat Yoga 7-9pm: Chicago Style Step (\$5)	22 9-945am: Seniors in Motion 9-10am: Arthritis Swim 1130-1215: SPRY Chair + Mat Yoga 1-2pm: Intermediate Dance 2-3pm: Advance Dance 6-7pm: Zumba (\$5)	23 10-1pm: Arts & Craft Event: Spring in Paintings w/ Connie 130-330pm: Quilting	24 9-3pm: AARP Smart Driver Course
27 9-945am: Seniors in Motion 9-10am: Arthritis Swim 10-11am: Line Dancing 1-2pm: Intermediate Dance 2-3pm: Advance Dance 6-7pm: Zumba (\$5)	28 9-10am: Aqua Yoga 10:30-11:30am: "The Five Wishes" Lecture 1230-115pm: SPRY Chair Yoga 330-415pm: SPRY Chair + Mat Yoga 7-9pm: Chicago Style Step (\$5)	29 9-945am: Seniors in Motion 9-10am: Arthritis Swim 1130-1215: SPRY Chair + Mat Yoga 1-2pm: Intermediate Dance 2-3pm: Advance Dance 6-7pm: Zumba (\$5)	30 10-12pm: Arts & Crafts 10-12pm: Puzzles 10-12pm: Games 1215-330pm: Quilting	31 <b>No Activities</b> <i>Eggstravaganza Preperation</i>