

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
<b>WEEKLY</b>	<b>8:30</b> Pelvic Floor & Core <b>9:00</b> Chair Yoga w/Tina <b>10:00</b> Enerchi <b>10:00</b> Ukulele Open Play <b>10:30</b> Longevity Food From Around the World <b>11:30</b> Standing Yoga <b>11:45</b> Holistic Health Diet <b>1:00</b> Pennies <b>1:30</b> Spanish Level 3: Intermediate <b>2:30</b> Guitar Slow Jam w/Bass <b>3:00</b> Rummikub <b>3:00</b> Tai Chi: 13 Elements	<b>8:15</b> Standing Core <b>9:00</b> Coffee and Conversation* <b>9:30</b> Floor Yoga Stretch <b>10:00</b> Crocheting Circle - All Levels* <b>10:00</b> Stability Exercises <b>10:45</b> Standing Pilates - Mat Required <b>11:00</b> Sign Language - Intermediate <b>12:00</b> Chair Aerobics <b>1:00</b> Bridge <b>1:00</b> Line Dancing - Basic <b>1:00</b> Mahjong - Tuesdays ( <i>except 7/7</i> ) <b>1:00</b> Zumba Gold <b>2:00</b> Line Dancing - Intermediate <b>3:00</b> String Ensemble - All Levels	<b>8:00</b> Energy Burst Stations <b>8:30</b> Stretch & Balance - Advanced <b>9:00</b> Tighten and Tone <b>9:30</b> Party Bridge <b>9:45</b> Weight Training & Toning <b>10:00</b> Aerobic Exercise <b>11:00</b> Pilates - Mat Required <b>11:30</b> Enerchi <b>12:30</b> Cribbage - All Levels <b>1:00</b> Canasta Hand Knee & Foot <b>1:00</b> Line Dancing - Basic <b>2:00</b> Line Dancing - Intermediate <b>4:00</b> Tai Chi: 24 Postures	<b>8:15</b> Sit & Be Fit! <b>8:30</b> Resistance Training - Advanced <b>9:30</b> Mat & Core Class - Advanced <b>9:30</b> Stability Exercises <b>10:00</b> Sign Language - Beginner <b>10:00</b> Spanish Level 1: Basic <b>10:45</b> Standing Yoga <b>11:00</b> Spanish Level 2: Conversational <b>12:00</b> Dancing Queens <b>1:00</b> Casual Knitting & Conversation* <b>1:30</b> Zumba Gold	<b>8:30</b> Zumba Gold: Weight Training & Toning <b>9:00</b> Chair Yoga w/Tina <b>9:30</b> Canasta Hand Knee Foot <b>9:45</b> Zumba Step Up <b>10:00</b> Aerobic Exercise <b>11:00</b> Aerobic Body Pump - Advanced <b>11:00</b> Support Group: NAMI Mental Health* <b>11:00</b> Crocheting Circle - ALL Levels* <b>11:30</b> Total Body Workout <b>12:00</b> Yoga Full Body Stretch - Mat Required <b>12:30</b> Bridge Open Play - All Levels <b>12:30</b> Mahjong w/Current Mahjong Card <b>1:00</b> Bridge - Advanced <b>2:00</b> Art Therapy	<b>WEEKLY</b>

<b>ADDITIONAL CLASSES</b>		<b>All activities subject to change</b>	<b>5:30p</b> Book Club: Theo of Golden	~Weekly Only/No Additional~	<b>NCCOA CLOSED FOR JULY 4TH</b>
	~Weekly Only/No Additional~	<b>12:00p</b> Support Group: Hearing Loss* <b>3:00p</b> Environment Nassau: Amelia Island Life Among the Edges	<b>10:00a</b> Coffee & Connection: Vet to Vet <b>1:30p</b> Caregiver Stressbusters Forum* <b>3:30p</b> Support Group: Caregivers*	~Weekly Only/No Additional~	<b>12:00p</b> All About Android Phones
	<b>4:15p</b> Yoga for the Grieving Heart* <b>5:30p</b> Support Group: Grieving with Hope*	<b>9:30a</b> Honoring Choices <b>11:30a</b> Heimlich Maneuver Demo Training <b>2:00p</b> Memory Café Support Group* <b>3:00p</b> Environment Nassau: North FL Trust	~Weekly Only/No Additional~	<b>10:00a</b> Parkinson's Support Group*	<b>12:00p</b> All About Android Phones
	<b>3:30p</b> The Successful Caregiver	<b>11:30a</b> Heimlich Maneuver Demo Training <b>2:00p</b> Honoring Choices <b>3:00p</b> Environment Nassau: Resiliency Planning to Deal with Storm Water	<b>11:00a</b> Support Group: Low Vision* <b>1:30p</b> Caregiver Stressbusters Forum* <b>3:30p</b> Support Group: Caregivers*	~Weekly Only/No Additional~	<b>10:00a</b> Brain Boosters: Brain Health & Nutrition <b>12:00p</b> All About Android Phones
	<b>4:15p</b> Yoga for the Grieving Heart* <b>5:30p</b> Support Group: Grieving with Hope*	<b>2:00p</b> Memory Café Support Group*	<b>2:00p</b> Getting the Most From Your Doctors Appointment	~Weekly Only/No Additional~	<b>12:00p</b> All About Android Phones