

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

ADDITIONAL CLASSES		All activities subject to change	1 5:30p Book Club: Theo of Golden	2 ~Weekly Only/No Additional~	3 NCCOA CLOSED FOR JULY 4TH	ADDITIONAL CLASSES
	6 ~Weekly Only/No Additional~	7 12:00p Support Group: Hearing Loss* 3:00p Environment Nassau: Amelia Island Life Among the Edges	8 10:00a Coffee & Connection: Vet to Vet 1:30p Caregiver Stressbusters Forum* 3:30p Support Group: Caregivers*	9 ~Weekly Only/No Additional~	10 12:00p All About Android Phones	
	13 4:15p Yoga for the Grieving Heart* 5:30p Support Group: Grieving with Hope*	14 9:30a Honoring Choices 11:30a Heimlich Maneuver Demo Training 2:00p Memory Café Support Group* 3:00p Environment Nassau: North FL Trust	15 ~Weekly Only/No Additional~	16 10:00a Parkinson’s Support Group*	17 12:00p All About Android Phones	
	20 3:30p The Successful Caregiver	21 9:30a Honoring Choices 11:30a Heimlich Maneuver Demo Training 3:00p Environment Nassau: Resiliency Planning to Deal with Storm Water	22 11:00a Support Group: Low Vision* 1:30p Caregiver Stressbusters Forum* 3:30p Support Group: Caregivers*	23 ~Weekly Only/No Additional~	24 10:00a Brain Boosters: Brain Health & Nutrition 12:00p All About Android Phones	
	27 4:15p Yoga for the Grieving Heart* 5:30p Support Group: Grieving with Hope*	28 2:00p Memory Café Support Group*	29 2:00p Getting the Most From Your Doctors Appointment	30 ~Weekly Only/No Additional~	31 12:00p All About Android Phones	