

Mon	Tue	Wed	Thurs	Fri
<p>5025 Castello Drive Naples, FL 34103 239-325-4444 https:// www.naplesseniorcenter.org/</p>			<p>1) 10:00-12:00– Guy Time 10:00– Exercise w/ Linda 1:00—Modern Masters; Matisse 2:00-3:30 Line Dancing</p>	<p>2) 10:00 - Strength Exercise 11:00 - Yoga 1:00– History Talk: The White House Secrets</p>
<p>5) 10:00- Strength Exercise 11:00- Yoga 1:00– Talk and Tour: Wild Canada 2:30 - Spanish lesson 8</p>	<p>6) 10:00– Stretch Exercise 10:00—Tai Chi w/ Linda 11:00– Ladies Time 1:00– Artistic Expressions 1:00– Lecture Series: League of Women Voters</p>	<p>7) 10:00- Strength Exercise 11:00- Yoga 1:00– Connect 2:00—2:30 Guitar Music 3:00– HUGS; Happy Ukulele Group 3:00—Dakim Brain Games</p>	<p>8) 10:00-12:00– Guy Time 10:00– Exercise w/ Linda 1:00—Ga Ga for Dada 2:00-3:30 Line Dancing</p>	<p>9) 10:00 - Strength Exercise 10:00-Spanish Repeat Lesson 8 11:00 - Yoga 1:00– History Talk: Doc Holiday</p>
<p>12) 10:00- Strength Exercise 11:00- Yoga 1:00– Travelogue: The Caucasus 2:30 - Spanish lesson 9</p>	<p>13) 10:00– Stretch Exercise 10:00—Tai Chi w/ Linda 11:00– Ladies Time 1:00– Artistic Expressions 1:00– Lecture Series: The Royal Kitchen</p>	<p>14) 10:00- Strength Exercise 11:00- Yoga 1:00– Connect 2:00—2:30 Guitar Music 3:00– HUGS; Happy Ukulele Group 3:00—Dakim Brain Games</p>	<p>15) 10:00-12:00– Guy Time 10:00– Exercise w/ Linda 11:00—Fall Prevention w/ Dr. McFarland 1:00– Alligators; More than Just a Pretty Face– w/ Ira Rosenstein 2:00-3:30 Line Dancing</p>	<p>16) 10:00 - Strength Exercise 10:00-Spanish Repeat Lesson 9 11:00 - Yoga 1:00– History Talk: Biography of Loretta Lynn</p>
<p>19) 1 0:00- Strength Exercise 11:00- Yoga 1:00– Talk and Tour: The Lost City of Angkor Watt 2:30 - Spanish lesson 10</p>	<p>20) 10:00– Stretch Exercise 10:00—Tai Chi w/ Linda 11:00– Ladies Time 1:00– Artistic Expressions 1:00– Lecture Series: Nat. Geo. Presents Marine Life</p>	<p>21) 10:00- Strength Exercise 11:00- Yoga 1:00– Connect 2:00—2:30 Guitar Music 3:00– HUGS; Happy Ukulele Group 3:00—Dakim Brain Games</p>	<p>22) 10:00-12:00– Guy Time 10:00– Exercise w/ Linda 11:00—Nutrition & Aging w/ Dr. McFarland 1:00– Craft Demonstration 2:00-3:30 Line Dancing</p>	<p>23) 10:00 - Strength Exercise 10:00-Spanish Repeat Lesson 10 11:00 - Yoga 1:00– History Talk: Seminole: The Unconquered</p>
<p>26) 10:00- Strength Exercise 11:00- Yoga 1:00– Talk and Tour: Florida Dream Documentary 2:30 - Spanish lesson 11</p>	<p>27) 10:00– Stretch Exercise 10:00—Tai Chi w/ Linda 11:00– Ladies Time 1:00– Artistic Expressions 1:00– Lecture Series: The World’s Future Mega Projects</p>	<p>28) 10:00- Strength Exercise 11:00- Yoga 1:00– Connect 2:00—2:30 Guitar Music 3:00– HUGS; Happy Ukulele Group 3:00—Dakim Brain Games</p>	<p>29)10:00-12:00– Guy Time 10:00– Exercise w/ Linda 11:00—Creating Healthy Routines w/ Dr. McFarland 1:00– Norman Rockwell Biography 2:00-3:30 Line Dancing</p>	<p>30)10:00 - Strength Exercise 10:00-Spanish Repeat Lesson 11 11:00 - Yoga 1:00– History Talk: The Origin of Halloween</p>