

Mon	Tue	Wed	Thurs	Fri
<p><b>5025 Castello Drive Naples, FL 34103 239-325-4444</b> <a href="https://www.naplesseniorcenter.org/senior-center/">https:// www.naplesseniorcenter.org/ senior-center/</a></p>				
<p><b>4) 10:00- Strength Exercise</b> <b>11:00- Yoga</b> <b>1:00- Talk and Tour: <i>Cuba; Nostalgia &amp; Change</i></b> <b>1:30-Tai Chi w/ Grace DVD</b> <b>2:30 - Spanish lesson 21</b></p>	<p><b>5) 9:45-Exercise for Life w/ Linda</b> <b>10:00-Strength Exercise</b> <b>11:00- Ladies Time</b> <b>12:00- Current Events Group</b> <b>1:00- Artistic Expressions</b> <b>1:00-Lecture: Nutrition</b></p>	<p><b>6) 10:00- Cardio w/ Grace</b> <b>11:00- Yoga</b> <b>11:00- Sketching Class</b> <b>1:00- Connect</b> <b>2:00 - History of Art in Blue</b> <b>3:00- HUGS; Happy Ukulele Group</b></p>	<p><b>7) 10:00-12:00- Guy Time</b> <b>9:45- Exercise for Life w/ Linda</b> <b>11:00- Boosting Bone Health</b> <b>1:00- Meet the Memoirs Authors</b> <b>2:00-3:30 Line Dancing</b></p>	<p><b>8)10:00 - Strength Exercise</b> <b>10:00-Writing Your Story</b> <b>11:00 - Yoga</b> <b>1:00- History Talk: Genghis Khan's Empire</b> <b>1:30-Tai Chi w/ Grace DVD</b></p>
<p><b>11) 10:00- Strength Exercise</b> <b>11:00- Yoga</b> <b>1:00- Talk and Tour: <i>The Most Peaceful Places on Earth</i></b> <b>1:30-Tai Chi w/ Grace DVD</b> <b>2:30 - Spanish lesson 22</b></p>	<p><b>12) 9:45-Exercise for Life w/ Linda</b> <b>10:00-Stretch Exercise</b> <b>11:00- Ladies Time</b> <b>12:00- Current Events Group</b> <b>1:00- Artistic Expressions</b> <b>1:00- Lecture: Nutrition</b></p>	<p><b>13) 10:00- Cardio w/ Grace</b> <b>11:00- Yoga</b> <b>11:00- Sketching Class</b> <b>1:00- Connect</b> <b>2:00 - A Conversation w/ H.R. McMaster</b> <b>3:00- HUGS; Happy Ukulele Group</b></p>	<p><b>14) 10:00-12:00- Guy Time</b> <b>9:45- Exercise for Life w/ Linda</b> <b>11:00- Staying Sharp; Approaches to Brain Health</b> <b>1:00- Meet the Memoirs Authors</b> <b>2:00-3:30 Line Dancing</b></p>	<p><b>15) 10:00 - Strength Exercise</b> <b>10:00-Writing Your Story</b> <b>11:00—Yoga</b> <b>1:00- History Talk: Narnia – biography of CS Lewis</b> <b>1:30-Tai Chi w/ Grace DVD</b></p>
<p><b>18) 10:00- Strength Exercise</b> <b>11:00- Yoga</b> <b>1:00- Talk and Tour: <i>World's Most Expensive Cruise Ship</i></b> <b>1:30-Tai Chi w/ Grace DVD</b> <b>2:30 - Spanish lesson 23</b></p>	<p><b>19) 9:45-Exercise for Life w/ Linda</b> <b>10:00-Stretch Exercise</b> <b>11:00- Ladies Time</b> <b>12:00- Current Events Group</b> <b>1:00- Artistic Expressions</b> <b>1:00- Lecture: Nutrition</b></p>	<p><b>20) 10:00- Cardio w/ Grace</b> <b>11:00- Yoga</b> <b>11:00- Sketching Class</b> <b>1:00- Connect</b> <b>2:00- History of Art in White</b> <b>3:00- HUGS; Happy Ukulele Group</b></p>	<p><b>21) 10:00-12:00- Guy Time</b> <b>9:45- Exercise for Life w/ Linda</b> <b>11:00-Sugar: The Bitter Truth</b> <b>1:00- Meet the Memoirs Authors</b> <b>2:00-3:30 Line Dancing</b></p>	<p><b>22) 10:00 - Strength Exercise</b> <b>10:00-Writing Your Story</b> <b>11:00 - Yoga</b> <b>1:00- History Talk: When Georgia Howled; Sherman's March</b> <b>1:30-Tai Chi w/ Grace DVD</b></p>
<p><b>25) 10:00- Strength Exercise</b> <b>11:00- Yoga</b> <b>1:00- Talk and Tour: <i>The Best of Morocco</i></b> <b>1:30-Tai Chi w/ Grace DVD</b> <b>2:30 - Spanish lesson 24</b></p>	<p><b>26) 9:45-Exercise for Life w/ Linda</b> <b>10:00-Stretch Exercise</b> <b>11:00- Ladies Time</b> <b>12:00- Current Events Group</b> <b>1:00- Artistic Expressions</b> <b>1:00- Lecture: Nutrition</b></p>	<p><b>27) 10:00- Cardio w/ Grace</b> <b>11:00- Yoga</b> <b>11:00- Sketching Class</b> <b>1:00- Connect</b> <b>2:00—A Conversation w/ Justice Clarence Thomas</b> <b>3:00- HUGS; Happy Ukulele Group</b></p>	<p><b>28) 10:00-12:00- Guy Time</b> <b>9:45- Exercise for Life w/ Linda</b> <b>11:00- What Happened to Klimt's Golden Lady? Holocaust Art</b> <b>1:00- Meet the Memoirs Authors</b> <b>2:00-3:30 Line Dancing</b></p>	<p><b>29) 10:00 - Strength Exercise</b> <b>10:00-Writing Your Story</b> <b>11:00 - Yoga</b> <b>1:00- History Talk: Sunken Roman City Found</b> <b>1:30-Tai Chi w/ Grace DVD</b></p>