



Naples Senior Center | July 2022

Mon	Tue	Wed	Thur	Fri
	<p>5025 Castello Drive Naples, FL 34103 239-325-4444</p> <p>https://www.naplesseniorcenter.org/senior-center/</p>			<p>1 9:45 Chair Exercise DVD 10:30 Reader's Theater NSC Member Live Performance 11:00 Chair Yoga 12:30-3:30 Cards & Games 1:00 Learn to Play Mah Jongg</p>
<p>4 Closed for 4th of July</p> 	<p>5 9:45 Stretch DVD 10:00 Needleworks 11:00 Advanced Tai Chi 12:00 Current Events Group 1:00 Artistic Expressions Zoom 1:30 Beginner Spanish - Lesson 10 2:30 Writing for the Fun of It! 3:00 Surf's Up - Beach Music</p>	<p>6 9:45 Chair Exercise DVD 12:15 Chair Yoga <i>1:00 Movie: Uncorked</i> 3:00 HUGS; Happy Ukulele Group</p> <p><i>*Tech Assistance Available by Appt.</i></p>	<p>7 10:00 Bone Builders 10:00 Guy Time 11:00 Tai Chi - Beijing 24 12:15 Spanish II - Lesson 10 2:00 Origami 2:00 Hula Hoop 3:00 Line Dancing</p>	<p>8 9:45 Chair Exercise DVD 10:00 Acrylic Art w/ Robyn 11:00 Tai Chi - Beijing 24 12:30-3:30 Cards & Games</p>
<p>11 9:45 Total Fitness 10:00 Empty Bowls 11:00 Chair Yoga DVD 12:00 Scientific Wonder of Birds (1-2) 1:00 Arts & Crafts w/ Kathy 3:00 Musical Monday w/ Dottie</p>	<p>12 9:45 Stretch DVD 10:00 Needleworks 11:00 Advanced Tai Chi 12:00 Current Events Group 1:00 Artistic Expressions Zoom 1:30 Beginner Spanish - Lesson 11 2:30 Writing for the Fun of It! 3:00 Sing Along</p>	<p>13 9:45 Chair Exercise DVD 12:15 Chair Yoga <i>1:00 Movie: Along For the Ride</i> 3:00 HUGS; Happy Ukulele Group</p> <p><i>*Tech Assistance Available by Appt.</i></p>	<p>14 10:00 Bone Builders 10:00 Guy Time 11:00 Tai Chi - Beijing 24 12:15 Spanish II - Lesson 11 1:00 VIP - Veterans in Paradise 3:00 Line Dancing</p>	<p>15 9:45 Chair Exercise DVD 10:00 Great Meals in Less Time 11:00 Tai Chi - Beijing 24 12:30-3:30 Cards & Games 1:00 Learn to Play Mah Jongg</p>
<p>18 9:45 Total Fitness 10:00 Art by You - Watercolor & DIY 11:00 Chair Yoga DVD 12:00 Scientific Wonder of Birds(3-4) 1:30 Drum Circle 3:00 Yangtze River & China Travelogue w/ Jim</p>	<p>19 9:45 Stretch DVD 10:00 Needleworks 11:00 Advanced Tai Chi 12:00 Current Events Group 1:00 Artistic Expressions Zoom 1:30 Beginner Spanish - Lesson 12 2:30 Writing for the Fun of It! 3:00 On Broadway</p>	<p>20 9:45 Get Fit w/ Irene (Weights & Bands) 12:15 Chair Yoga <i>1:00 Movie: The Half of It</i> 3:00 HUGS; Happy Ukulele Group</p> <p><i>*Tech Assistance Available by Appt.</i></p>	<p>21 10:00 Bone Builders 10:00 Guy Time 11:00 Tai Chi - Beijing 24 12:15 Spanish II - Lesson 12 1:00 Book Discussion 2:00 Hula Hoop 3:00 Line Dancing</p>	<p>22 9:45 Get Fit w/ Irene 10:00 Acrylic Art w/ Robyn 11:00 Tai Chi - Beijing 24 12:30-3:30 Cards & Games</p>
<p>25 9:45 Total Fitness 10:00 Kaye Ballard: The Show Goes On (Documentary) 11:00 Chair Yoga DVD 12:00 Scientific Wonder of Birds(5-6) 1:00 Creative Cards 3:00 More Than Just Pretty Flowers (Naples Botanical Garden Presentation)</p>	<p>26 9:45 Stretch DVD 10:00 Needleworks 11:00 Advanced Tai Chi 12:00 Current Events Group 1:00 Artistic Expressions Zoom 1:30 Beginner Spanish - Lesson 13 2:30 Writing for the Fun of It! 3:00 Sing Along</p>	<p>27 9:45 Get Fit w/ Irene (Weights & Bands) 12:15 Chair Yoga <i>1:00 Movie: Yes Day</i> 3:00 HUGS; Happy Ukulele Group</p> <p><i>*Tech Assistance Available by Appt.</i></p>	<p>28 10:00 Bone Builders 10:00 Guy Time 11:00 Tai Chi - Beijing 24 12:15 Spanish II - Lesson 13 1:00 Veteran's Author Series: Personal Justice with Richard Lee 3:00 Line Dance</p>	<p>29 9:45 Get Fit w/ Irene 10:00 Great Meals in Less Time 11:00 Tai Chi - Beijing 24 12:30-3:30 Cards & Games</p>