



JULY



MON	TUES	WED	THURS	FRI
LBK'S FIRST MAH JONGG WEEKEND FRIDAY & SATURDAY 7/24 & 7/25!	CLASSES ARE A \$20 DROP IN FEE OR 1 CLASS PASS UNLESS OTHERWISE NOTED	ASK ABOUT ZOOM CLASSES!	* FREE PROGRAMMING	<u>CLOSED</u> No Classes or Activities
NO MEMBERSHIP required! All are welcome!		1 10-11 Tai Chi 2-4 BINGO	2 10-11 Chair Yoga 11:15-12:15 Yoga	3 <u>CLOSED</u> No Classes or Activities
6 10-11 Stretch & Strengthen NO IYENGAR YOGA today Noon-1 Tai Chi	7 10-11 Qigong 11:15-12:15 Yoga 1-3 Mah Jongg (RSVP \$15)	8 10-11 Tai Chi 12-1:30 Thinking Out Loud * 2-4 BINGO	9 10-11 Chair Yoga 11:15-12:15 Yoga	10 <u>CLOSED</u> No Classes or Activities
13 10-11 Stretch & Strengthen 11:15-12:45 Iyengar Yoga Noon-1 Tai Chi	14 10-11 Qigong 11:15-12:15 Yoga 1-3 Mah Jongg (RSVP \$15)	15 10-11 Tai Chi 12-1:30 Thinking Out Loud * 2-4 BINGO	16 10-11 Chair Yoga 11:15-12:15 Yoga 2-3p Sound Bath *	17 <u>CLOSED</u> No Classes or Activities
20 10-11 Stretch & Strengthen 11:15-12:45 Iyengar Yoga Noon-1 Tai Chi	21 10-11 Qigong 11:15-12:15 Yoga 1-3 Mah Jongg (RSVP \$15)	22 10-11 Tai Chi 12-1:30 Thinking Out Loud * 2-4 BINGO	23 10-11 Chair Yoga 11:15-12:15 Yoga	MAH JONGG WEEKEND 7/24-7/25
27 10-11 Stretch & Strengthen 11:15-12:45 Iyengar Yoga Noon-1 Tai Chi	28 10-11 Qigong 11:15-12:15 Yoga 1-3 Mah Jongg (RSVP \$15)	29 10-11 Tai Chi 12-1:30 Thinking Out Loud * 2-4 BINGO	30 10-11 Chair Yoga 11:15-12:15 Yoga	31 <u>CLOSED</u> No Classes or Activities

KEY: 2ND FLOOR VIA STAIRS SHOOK FELLOWSHIP HALL SANCTUARY FRIENDSHIP GARDEN / OUTSIDE