## **June 2025**

PHONE: 330-530-5472 EMAIL: restprogrammcd@gmail.com

Monday	Tuesday	Wednesday	Thursday	Friday
Boot Camp 9:30am-10:30am Balance & Strength 11am-12pm Move & Groove 12:15pm-1:15pm Coffee Talk 1pm-3pm	Yoga 9am-10am Line Dancing 10:30am-11:30am Cards 11am-4pm Mahjong 1pm-4pm	4 Boot Camp 9:30am-10:30am Balance & Strength 11am-12pm BINGO 12:30pm-2:30pm	5 Historical Society 9:30am-10:30am Line Dancing 10:30am-11:30am Move & Groove 11:30am-12:30pm Coffee Talk 12pm-2pm	Readings 10am-11am Boot Camp 9:30am-10:30am Balance & Strength 11am-12pm
9 Boot Camp 9:30am-10:30am Balance & Strength 11am-12pm Move & Groove 12:15pm-1:15pm Coffee Talk 1pm-3pm	Yoga 9am-10am Line Dancing 10:30am-11:30am Cards 11am-4pm Mahjong 1pm-4pm	Boot Camp 9:30am-10:30am Balance & Strength 11am-12pm BINGO 12:30pm-2:30pm	12 Line Dancing 10:30am-11:30am Move & Groove 11:30am-12:30pm Speaker: Erin Bishop (Health Commissioner) on Fall Prevention 12:30pm-1:30pm	9:30am-10:30am Balance & Strength 11am-12pm Movie: Summer Stock 12:30pm-2:30pm
9:30am-10:30am Balance & Strength 11am-12pm Move & Groove 12:15pm-1:15pm Coffee Talk 1pm-3pm	Yoga 9am-10am Line Dancing 10:30am-11:30am Cards 11am-4pm Mahjong 1pm-4pm	9:30am-10:30am Balance & Strength 11am-12pm BINGO 12:30pm-2:30pm	19 Line Dancing 10:30am-11:30am Move & Groove 11:30am-12:30pm Coffee Talk 12:30pm-2:30pm	Boot Camp 9:30am-10:30am Balance & Strength 11am-12pm June Birthday Party 12:30pm-1:30pm Music: Colleen 1:30pm-2:30pm
23 Boot Camp 9:30am-10:30am Balance & Strength 11am-12pm Move & Groove 12:15pm-1:15pm Coffee Talk 1pm-3pm	Yoga 9am-10am Line Dancing 10:30am-11:30am Cards 11am-4pm Mahjong 1pm-4pm	25 Boot Camp 9:30am-10:30am	26 Line Dancing 10:30am-11:30am Stained Glass Painting Craft w/Devoted Health 12pm-3pm	27 Boot Camp 9:30am-10:30am Balance & Strength 11am-12pm Coffee Talk 12pm-2pm
9:30am-10:30am Balance & Strength 11am-12pm Move & Groove 12:15pm-1:15pm Coffee Talk 1pm-3pm	Beach -			