

GSC CALENDAR OF ACTIVITY - JULY 2009

Mon	Tue	Wed	Thu	Fri	Sat/Sun
		<p>1</p> <p>9a Chair Massage</p> <p>10a Exercise</p> <p>11a Living Alone</p> <p>1p Watercolor</p> <p>3:30p Wii</p> <p>6p Wired for Learn</p>	<p>2</p> <p>9a Tai Chi II</p> <p>10:15a Tai Chi I</p> <p>12p Lunch Club</p> <p>1p Open Studio</p> <p>1p Balance</p> <p>1:15p Write Life</p> <p>2p Poetry</p> <p>2:30p Yoga</p>	<p>3 9a G-Notes</p> <p>9a Massages</p> <p>10a Exercise</p> <p>12p Independence</p> <p>Day Lunch</p> <p>1p Movie</p> <p>1p Piano II</p> <p>2:30p Farmers Mkt Walk</p>	<p>4</p> <p>5</p>
<p>6</p> <p>8:30a Pinochle</p> <p>9a Harmonicats</p> <p>10a Exercise</p> <p>11a Bridge</p> <p>1p Piano I</p> <p>3p Wii</p> <p>4p Well Spouse</p> <p>6/7p Tea & Tap</p>	<p>7 9a Nurse</p> <p>9a Tai Chi II</p> <p>10a Write Life</p> <p>10a Walking Club</p> <p>10:15a Tai Chi I</p> <p>10:30a Early Stage</p> <p>11:30a Balance</p> <p>1p Peace Group</p> <p>1p Mah Jongg</p> <p>1p Line Dance I</p> <p>2:15p Line Dance II</p> <p>2/5:30p Sewing</p>	<p>8</p> <p>9a Chair Massage</p> <p>10a Exercise</p> <p>11 Alive & Learn</p> <p>1p Watercolor</p> <p>1p Healing Grief</p> <p>1:30p Financ. Plan</p> <p>3:30p Wii</p> <p>5:30p Sewing</p> <p>Wkshp</p> <p>6p Wired for Learn</p> <p>7p Guitar</p>	<p>9</p> <p>9a Tai Chi II</p> <p>10:15a Tai Chi I</p> <p>10:30a Purpose/ Meaning</p> <p>1p Open Studio</p> <p>1p Balance</p> <p>1:15p Write Life</p> <p>2p Poetry</p> <p>2:30p Yoga</p> <p>7p Dinner & Seattle Civic Band</p>	<p>10</p> <p>9a G-Notes</p> <p>9a Foot Care</p> <p>10a Exercise</p> <p>1p Piano II</p> <p>1:30p Cooking Demo</p> <p>2:30p Farmers Mkt Walk</p>	<p>11</p> <p>12</p>
<p>13</p> <p>8:30a Pinochle</p> <p>9a Harmonicats</p> <p>10a Exercise</p> <p>11a Bridge</p> <p>1p Piano I</p> <p>3p Wii</p> <p>6/7p Tea & Tap</p>	<p>14 9a Tai Chi II</p> <p>9:30a Men's Club</p> <p>10a Write Life</p> <p>10a Walking Club</p> <p>10:15a Tai Chi I</p> <p>11:30a Balance</p> <p>1p Haircuts</p> <p>1p Parkinson Grp.</p> <p>1p Mah Jongg</p> <p>1p Line Dance I</p> <p>2p SAGE Meeting</p> <p>2:15p Line Dance II</p> <p>2/5:30p Sewing</p> <p>6p Comm Kitchen</p> <p>7:30p Book Discuss</p>	<p>15</p> <p>9a Chair Massage</p> <p>10a Exercise</p> <p>11a Living Alone</p> <p>11a Acupressure for Hip Pain</p> <p>1p Watercolor</p> <p>3:30p Wii</p> <p>5:30p Sewing</p> <p>Wkshp</p> <p>6p Wired for Learn</p> <p>7p Guitar</p>	<p>16</p> <p>9a Tai Chi II</p> <p>10:15a Tai Chi I</p> <p>10:30a Purpose/ Meaning</p> <p>1p Book Discussion</p> <p>1p Legal Assistance</p> <p>1p Balance</p> <p>1p Open Studio</p> <p>1:15p Write Life</p> <p>2p Poetry</p> <p>2:30p Yoga</p>	<p>17</p> <p>9a G-Notes</p> <p>9a Massages</p> <p>10a Exercise</p> <p>12:45p Lake Union Cruise</p> <p>1p Movie</p> <p>1p Piano II</p> <p>2:30p Farmers Mkt Walk</p>	<p>18</p> <p>4p PNA Beer Taste</p> <p>19</p>
<p>20</p> <p>8:30a Pinochle</p> <p>8:40a Don & Diane</p> <p>9a Foot Care</p> <p>9a Harmonicats</p> <p>10a Exercise</p> <p>11a Bridge</p> <p>1p Piano I</p> <p>3p Wii</p> <p>6/7p Tea & Tap</p>	<p>21 8:30a Casino</p> <p>9a Tai Chi II</p> <p>10a Write Life</p> <p>10a Walking Club</p> <p>10:15a Tai Chi I</p> <p>10:30a Early Stage</p> <p>11:30a Balance</p> <p>2p SAGE Meeting</p> <p>2/5:30p Sewing</p>	<p>22 9a Chair Massage</p> <p>10a Exercise</p> <p>11a Alive & Learn</p> <p>1p Watercolor</p> <p>3:30p Wii</p> <p>5:30p Sewing</p> <p>Wkshp</p> <p>6p Wired for Learn</p> <p>7p Guitar</p>	<p>23</p> <p>9a Tai Chi II</p> <p>9:30a Driver Safety</p> <p>10:15a Tai Chi I</p> <p>1p Balance</p> <p>1p Open Studio</p> <p>1p Card Making</p> <p>1:15p Write Life</p> <p>2p Poetry</p> <p>2:30p Yoga</p>	<p>24 9a G-Notes</p> <p>9a Foot Care</p> <p>9:30a Driver Safety</p> <p>10a Exercise</p> <p>1p Jewelry making</p> <p>1p Piano II</p> <p>2:30p Farmers Mkt Walk</p>	<p>25</p> <p>10a Shop Around</p> <p>26</p>
<p>27</p> <p>8:30a Pinochle</p> <p>9a Harmonicats</p> <p>10a Exercise</p> <p>11a Bridge</p> <p>1p Piano I</p> <p>3p Wii</p> <p>6/7p Tea & Tap</p>	<p>28 9a Tai Chi II</p> <p>9:30a Men's Club</p> <p>10a Write Life</p> <p>10a Walking Club</p> <p>10:15a Tai Chi I</p> <p>11:30a Balance</p> <p>1p Line Dance I</p> <p>2p SAGE Meeting</p> <p>2:15p Line Dance II</p> <p>2/5:30p Sewing</p>	<p>29</p> <p>9a Chair Mass.</p> <p>10a Exercise</p> <p>1p Watercolor</p> <p>3:30p Wii</p> <p>6p Wired for Learn</p> <p>5:30p Sewing</p> <p>Wkshp</p> <p>7p Guitar</p>	<p>30</p> <p>9a Tai Chi II</p> <p>10:15a Tai Chi I</p> <p>1p Open Studio</p> <p>1p Balance</p> <p>1:15p Write Life</p> <p>2p Poetry</p> <p>2:30p Yoga</p>	<p>31</p> <p>9a G-Notes</p> <p>10a Exercise</p> <p>1p Piano II</p> <p>2:30p Farmers Mkt Walk</p> <p>4:30p Spaghetti Dinner</p> <p>7p Bingo/Karaoke</p>	<p>August 1</p> <p>9a Pancake Breakfast</p>