

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<b>LAMAR SENIOR ACTIVITY CENTER</b> <b>JULY 2022</b> Monday & Wednesday — Evening Programs shown in Blue Classes, programs, etc. are subject to change. Check with LSAC Staff if you have a question.				July 1 Zumba Gold 9:30a Rummikub 10a Strength & Stretch 11a Tai Chi 12:30p	2 3
4 <b>CLOSED FOR HOLIDAY</b> 	5 Find Balance 10a Art Lab 10a Tai Chi 11:30a Drumba via Zoom 1p BeMused Literati 1:30p Bunco 12:45p Line Dance 2p	6 Fusion Fitness 10a Yin Yoga & Myofascial 11a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p Peaceful Yoga 3p  Table Tennis 4p Yoga Flow w/ Erika 6p	7 Find Balance 10a Art Lab 10a Table Tennis 11a Movie: A Summer to Remember 11a Chair One Fit 1p	8 Zumba Gold 9:30a Rummikub 10a Strength & Stretch 11a Tai Chi 12:30p	9 10
11 Fusion Fitness 10a Table Tennis 11a Mexican Train 12:30p Craft: Pinwheel Card 1:30p Succulent Arrangements 3p  Meditation Instruction w/ Myia 6p	12 Palette Club 9a Find Balance 10a Tai Chi 11:30a Drumba via Zoom 1p BeMused Literati 1:30p Bunco 12:45p Line Dance 2p	13 Fusion Fitness 10a Yin Yoga & Myofascial 11a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p LSAC Guild Board Meeting 2p Peaceful Yoga 3p  Table Tennis 4p Movie: Big Fish 6p Yoga Flow w/ Erika 6p CANCELLED	14 Van to Blanton Museum 9:15a Find Balance 10a Table Tennis 11a Lunchtime Lecture CER 12p Chair One Fit 1p CANCELLED	15 Zumba Gold 9:30a Rummikub 10a Strength & Stretch 11a Tai Chi 12:30p	16 17
18 Fusion Fitness 10a Table Tennis 11a Mexican Train 12:30p Craft: Paper Basket Weaving 1:30p  Meditation Instruction w/ Myia 6p	19 Find Balance 10a Tai Chi 11:30a Bunco 12:45p Drumba via Zoom 1p BeMused Literati 1:30p Line Dance 2p	20 Fusion Fitness 10a Yin Yoga & Myofascial 11a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p Peaceful Yoga 3p  Table Tennis 4p Yoga Flow w/ Erika 6p	21 Find Balance 10a Chair One Fit 1p Painting w/Rebecca 1p	22 Zumba Gold 9:30a Rummikub 10a Strength & Stretch 11a Tai Chi 12:30p Georgetown: Wizard of Oz 4p	23 24
25 Fusion Fitness 10a Table Tennis 11a Mexican Train 12:30p  Trivia Night 4p Meditation Instruction w/ Myia 6p	26 Find Balance 10a Tai Chi 11:30a Drumba via Zoom 1p BeMused Literati 1:30p Line Dance 2p	27 LBJ Library Trip 9:15a Fusion Fitness 10a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p Peaceful Yoga 3p  Table Tennis 4p Movie: A League of Their Own 6p Yoga Flow w/ Erika 6p	28 Find Balance 10a Movie: Beautiful Day in Neighborhood 11a Chair One Fit 1p	29 Zumba Gold 9:30a Rummikub 10a Strength & Stretch 11a Tai Chi 12:30p	30