



# Plymouth Harbor July 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:30a Total Fitness 10a Sit Fit 10:30a Chapel Talk 7:30p Dancing After Dark	2
3 2p Movie: My Old Lady 7p Movie: My Old Lady	4 <b>Fourth of July</b> 8:30a Total Fitness 8:30a Aqua Fit 10a Sit Fit	5 8:15a Aqua Fit 8:30a Tai Chi 8:30a Chair Massage 9:45a Body Moves 10:30a Line Dancing 10:30a Equipment Orientation 7:45p Movie: Old Yeller	6 8:30a Total Fitness 8:30a Aqua Fit 10a Sit Fit 10:30a Chapel 2p Scrabble 2p Tap Dancing 7:30p Dancing After Dark	7 8:15a Aqua Fit 8:30a Tai Chi Meditation 9a Tai Chi 9:30a Learn to Swim 9:45a Body Moves 10:30a Line Dancing 4p Indoor Games 5:15p Jim in the Cafe 7:45p Dina Labes: Tap Dancing	8 8:30a Total Fitness 10a Sit Fit 10:30a Chapel Talk 7:30p Dancing After Dark	9 10a eTeam Clinic
10 2p Movie: Testament of Youth 7p Movie: Testament of Youth	11 8:30a Total Fitness 8:30a Aqua Fit 9:30 Art Class 10a Sit Fit 11a Yoga 11a Muse Moments/Mezzanine 7:45p Heat of the Sun #1: Private Lives	12 8:15a Aqua Fit 8:30a Tai Chi 9:45a Body Moves 10a Eyeglass Adjustments 10a Cafe Chat: Rene 10:30a Line Dancing 10:30a Equipment Orientation 11a Episcopal Eucharist 7:45p Movie: Hedda Gabler	13 8:30a Total Fitness 8:30a Aqua Fit 8:30a Chair Massage 10a Sit Fit 10:30a Chapel 2p Scrabble 2p Tap Dancing 7:30p Dancing After Dark	14 8:15a Aqua Fit 8:30a Tai Chi Meditation 9a Tai Chi 9:30a Learn to Swim 9:45a Body Moves 10a Fire Drill 10:30a Catholic Mass 10:30a Line Dancing 4p Indoor Games 5:30p Paul in the Cafe 7:45p JB Miller-Amish/Mennonites	15 8:30a Total Fitness 10a Sit Fit 10:30a Chapel Talk 7:30p Dancing After Dark	16
17 2p Movie: My All American 7p Movie: My All American	18 8:30a Total Fitness 8:30a Aqua Fit 9:30a Art Class 10a Sit Fit 11a Yoga 7:45p Heat of the Sun #2: Hide in Plain Sight	19 8:15a Aqua Fit 8:30a Tai Chi 8:30a Chair Massage 9:45a Body Moves 10:30a Line Dancing 10:30a Equipment Orientation 11:30a Summer Book Luncheon 3p Caregiver Support 7:45p Movie: Elsa and Fred	20 8:30a Total Fitness 8:30a Aqua Fit 10a Sit Fit 10:30a Chapel 2p Scrabble 2p Tap Dancing 5:30p Bus: Brasa and Pisco 7:30p Dancing After Dark	21 8:15a Aqua Fit 8:30a Tai Chi Meditation 9a Tai Chi 9:30a Learn to Swim 9:45a Body Moves 10:30a Line Dancing 4p Indoor Games 5:15p Jim in the Cafe	22 8:30a Total Fitness 10a Sit Fit 10a Bus: Tampa Museum 10:30a Chapel Talk 7:30p Dancing After Dark	23
24 2p Movie: Barney's Version 7p Movie: Barney's Version	25 8:30a Total Fitness 8:30a Aqua Fit 9:30a Art Class 10a Sit Fit 11a Yoga 7:45p Heat of the Sun #3: The Sport of Kings	26 8:15a Aqua Fit 8:30a Tai Chi 9:45a Body Moves 10:30a Line Dancing 10:30a Equipment Orientation 11:15a Bus: Summer Circus 2p Cafe Chat: Rene 7:45p Movie: Enchanted April	27 8:30a Total Fitness 8:30a Aqua Fit 8:30a Chair Massage 10a Sit Fit 10:30a Chapel 2p Scrabble 2p Tap Dancing 3p Art & Artists 7:30p Dancing After Dark	28 8:15a Aqua Fit 8:30a Tai Chi Meditation 9a Tai Chi 9:45a Body Moves 10:30a Catholic Mass 10:30a Line Dancing 2p Feldenkrais 4p Indoor Games 5:30p Paul in the Cafe 7:45p Dan Lobeck: Growth	29 8:30a Total Fitness 10a Sit Fit 10:30a Chapel Talk 7:30p Dancing After Dark	30 10a eTeam Clinic
31 2p Movie: Queen and Country 7p Movie: Queen and Country						