

Plymouth Harbor -- July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:30a Sit Fit Plus 11a Yoga
2 2p Movie: Beauty and the Beast 7p Movie: About Schmidt	3 8:30a Total Fitness 8:30a Aqua Fit 10a Sit Fit 11a Muse Moments 2p Tap Dancing 7:30p Series: A Place to Call Home	4 FOURTH OF JULY 8:15a Aqua Fit 9:30a Chair Massage 9:45a Body Moves 10:30a Line Dancing 7:30p Movie: 1776 	5 8:30a Total Fitness 8:30a Aqua Fit 9:30a Chair Massage 10a Sit Fit 10:30a Chapel 2p Scrabble 2p Tap Dancing 3:30p TED Talks	6 8:15a Aqua Fit 8:30a Tai Chi Meditation 9a Tai Chi 9:45a Body Moves 10:30a Line Dancing 4p Bocce 5:15p Jim in the Cafe	7 8:30a Total Fitness 8:30a Aqua Therapy 10a Sit Fit 11a Chapel Talk	8 9:30a Sit Fit Plus 10a eTeam 11a Yoga
9 2p Movie: Where Eagles Dare 7p Movie: The Zookeeper's Wife	10 8:30a Total Fitness 8:30a Aqua Fit 10a Sit Fit 2p Tap Dancing 7:30p Series: A Place to Call Home	11 8:15a Aqua Fit 8:30a Tai Chi 9:45a Body Moves 10a Eyeglass Adjustments 10:30a Line Dancing 11a Episcopal Eucharist 12p Art Luncheon: Eleanor Merritt 7:30p Movie: Diving Bell & Butterfly	12 8:30a Total Fitness 8:30a Aqua Fit 9:30a Chair Massage 10a Sit Fit 10:30a Chapel 2p Scrabble 2p Tap Dancing 3:30p 92nd Street Y	13 8:15a Aqua Fit 8:30a Tai Chi Meditation 9a Tai Chi 9:45a Body Moves 10a Fire Drill 10:30a Catholic Mass 10:30a Line Dancing 4p Bocce 6p Paul in the Cafe 7:45p Strings Con Brio	14 8:30a Total Fitness 8:30a Aqua Therapy 10a Sit Fit 10a Bus: Save Our Seabirds 11a Chapel Talk	15 9:30a Sit Fit Plus 11a Yoga 7p French Film
16 2p Movie: Kelly's Heroes 7p Movie: Mondays in the Sun	17 8:30a Total Fitness 8:30a Aqua Fit 10a Sit Fit 2p Tap Dancing 7:30p Series: A Place to Call Home	18 8:15a Aqua Fit 8:30a Tai Chi 9:30 Chair Massage 9:45a Body Moves 10:30a Line Dancing 11:15 Bus: Summer Circus 3p Caregiver Support 2:00 Café Chat: Rene 7:30p Movie: Queen Christina	19 8:30a Total Fitness 8:30a Aqua Fit 9:30a Chair Massage 10a Sit Fit 10:30a Chapel 2p Scrabble 2p Tap Dancing 5p Bus: Ophelia's	20 8:15a Aqua Fit 8:30a Tai Chi Meditation 9a Tai Chi 9:45a Body Moves 10:30a Line Dancing 4p Bocce 5:15p Jim in the Cafe 7:45p David Pedraza, violist	21 8:30a Total Fitness 8:30a Aqua Therapy 10a Sit Fit 11a Chapel Talk 4p Ask Ted	22 9:30a Sit Fit Plus 11a Yoga
23 2p Movie: Firefox 7p Movie: Norman	24 8:30a Total Fitness 8:30a Aqua Fit 10a Sit Fit 2p Tap Dancing 7:30p Series: A Place to Call Home	25 8:15a Aqua Fit 8:30a Tai Chi 9:45a Body Moves 9:45a Art Class: Sue Cotton 10:30a Line Dancing 11:30a Ethical Conversations 7:30p Movie: The Brothers Bloom	26 8:30a Total Fitness 8:30a Aqua Fit 9:30a Chair Massage 10a Sit Fit 10:30a Chapel 2p Scrabble 2p Tap Dancing 3p Art & Artists	27 8:15a Aqua Fit 8:30a Tai Chi Meditation 9a Tai Chi 9:45a Body Moves 10:30a Catholic Mass 10:30a Line Dancing 4p Bocce 4p Ted Rehl Concert 6p Paul in the Cafe	28 8:30a Total Fitness 8:30a Aqua Therapy 10a Sit Fit 10a Cafe Chat: Harry 11a Chapel Talk 4p Ted Rehl Concert	29 9:30a Sit Fit Plus 11a Yoga
30 2p Movie: Heartbreak Ridge 7p Movie: Crouching Tiger, Hidden Dragon	31 8:30a Total Fitness 8:30a Aqua Fit 10a Sit Fit 2p Tap Dancing 7:30p Series: A Place to Call Home					