



Shoreline News

Life Enriching Activities for the Adult 50 & Over



Dear Friends, "Happy 4th" to all. We've got some fun things planned. As always we look forward to seeing you soon. *Carolyn & Angie*

July 2019 Excursions & Events

Please call 981-3440 to sign up for any of the events listed below.

JULY 4th& 5th - Center Closed for July 4th Holiday.

** LORI SHERMAN WILL BE ON VACATION THE MONTH OF JULY.

THERE WILL BE NO LINE DANCING THIS MONTH.

CLASSES WILL RESUME ON WEDNESDAY, AUGUST 7th. **

We will be having TaiChi on Wednesdays 9:30-10:30

** ANN CRAIG WILL BE ON VACATION BEGINNING JULY 7th Thru July 21st.

THERE WILL BE NO EXERCISE OR SIT & BE FIT DURING THIS TIME.

CLASSES WILL RESUME ON MONDAY, JULY 22nd. **

July 9th @10am - Grief Support Group : This group will be led by Community Hospice

July 12th Summer Movie & Lunch Bunch@ 11:30am: We will meet at Villaggio Restaurant for lunch and then head over to the Wharf Cinema for a movie. Movie TBA. Please call to sign up.

July 19th @ 11am: "Mystery Trip & Lunch" : Cost will be \$ 10.00 per person. For entrance fee & transportation. Lunch will be at your expense. We have space available for 20. Please call to sign up.

JULY 26th - Center Closed

August 2nd @ 10am to 12pm: "Restorative Yoga Class":

Restorative Yoga will ease you into relaxation and healing, whatever your age and ability. If you are living with chronic pain, such as arthritis, osteoporosis or stiff joints, this adaptable yoga is relatively easy, effective, and enjoyable. The class includes gentle warm-up movements, restorative postures, breath work and deep relaxation methods. No yoga experience is necessary. **Please call to sign up.** Class size is limited to 20. Class fee is \$ 20. Arrive at 9:30 dressed comfortably and bring 2 pillows, 2 large towels and a medium size blanket. This class is led by Sallie Norris Beckes, certified Kripalu Yoga Instructor, specializing in Senior and Modified Yoga.

ON GOING WEEKLY ACTIVITIES

*EXERCISE CLASS:

Monday, Wednesday, & Friday: 7:45am-8:45am

*SIT & BE FIT EXERCISE CLASS:

Mondays & Wednesdays: 2:00pm—3:00pm

HAND & FOOT CANASTA:

Monday & Thursday : 9:30am—12:00pm

MAH JONG: Monday @ 1:00pm

BRIDGE: Tuesday & Thursday:

12:00pm—3:30pm

YOGA for EVERY BODY:

Tuesday & Thursday 8:30am—9:30am

DOMINOES:

Wednesday: 9:30am—12:00pm & Thursday: 1:00pm

*TAI CHI CLASS:

Wednesday: 9:30am—10:30am

*Cost for class is \$3.00 residents \$ 5.00 non-residents

JULY 2019 ARTS & CRAFTS

Please call 981-3440 to sign up for our Classes

OPEN WORKSHOPS: Mondays 9:00a—2:00pm.

CERAMICS: Tues 9:00am—11:00am,

Cost is per Item.

COLOR ME CALM :

Wednesdays 9:00am—11:00am

BOOK FOLDING:

Thursdays 9:00am—11:00am,

Cost is \$ 10.00

