

ORANGE BEACH SENIOR/ADULT ACTIVITY CENTER □ 26251 CANAL ROAD □ 251-981-3440

June 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9-9:30am: Blood Pressure 9-10am: Tai Chi 9:30-12pm: MexTrain Dominoes 11-12pm: Chair Yoga 1-3pm: Yahtzee 2-3pm: Fit & Tone	2 8:30-9:30am: Yoga 9:30-11:30am: Hand & Foot 12-3pm: Party Bridge	3	4
5	6 9am-2pm: Craft Workshop 9:30-11:30am: Hand & Foot 12:30-3pm: Mah Jong 2-3pm: Sit & Be Fit	7 8:30-9:30am: Yoga 9-11am: Ceramics 12-3pm: Party Bridge	8 9-9:30am: Blood Pressure 9-10am: Tai Chi 9-11am: Pine Needle Baskets 9:30-12pm: MexTrain Dominoes 11-12pm: Chair Yoga 1-3pm: Yahtzee 2-3pm: Fit & Tone	9 8:30-9:30am: Yoga 9-11am: WineBottle Cheese Tray 9:30-11:30am: Hand & Foot 12-3pm: Party Bridge	10 10am: LUNCH & LEARN– <i>Area Agency on Aging Program Info</i>	11
12	13 9am-2pm: Craft Workshop 9:30-11:30am: Hand & Foot 12:30-3pm: Mah Jong 2-3pm: Sit & Be Fit	14 8:30-9:30am: Yoga 9-11am: Ceramics 12-3pm: Party Bridge	15 9-9:30am: Blood Pressure 9-10am: Tai Chi 9-11am: Pine Needle Baskets 9:30-12pm: MexTrain Dominoes 11-12pm: Chair Yoga 1-3pm: Yahtzee 2-3pm: Fit & Tone	16 8:30-9:30am: Yoga 9-11am: WineBottle Cheese Tray 9:30-11:30am: Hand & Foot 12-3pm: Party Bridge	17 10am: TRIP– <i>Fairhope Museum of History & lunch</i>	18
19 HAPPY FATHER'S DAY!	20 9am-2pm: Craft Workshop 9:30-11:30am: Hand & Foot 12:30-3pm: Mah Jong 2-3pm: Sit & Be Fit	21 8:30-9:30am: Yoga 9-11am: Ceramics 12-3pm: Party Bridge	22 9-9:30am: Blood Pressure 9-10am: Tai Chi 9-11am: Pine Needle Baskets 9:30-12pm: MexTrain Dominoes 11-12pm: Chair Yoga 1-3pm: Yahtzee 2-3pm: Fit & Tone	23 8:30-9:30am: Yoga 9-11am: WineBottle Cheese Tray 9:30-11:30am: Hand & Foot 12-3pm: Party Bridge	24 10am: GAME & LUNCH– Mex. Train Dominoes w/ chicken salad	25
26	27 9am-2pm: Craft Workshop 9:30-11:30am: Hand & Foot 12:30-3pm: Mah Jong 2-3pm: Sit & Be Fit	28 8:30-9:30am: Yoga 9-11am: Ceramics 12-3pm: Party Bridge	29 9-9:30am: Blood Pressure 9-10am: Tai Chi 9-11am: Pine Needle Baskets 9:30-12pm: MexTrain Dominoes 11-12pm: Chair Yoga 1-3pm: Yahtzee 2-3pm: Fit & Tone	30 8:30-9:30am: Yoga 9-11am: WineBottle Cheese Tray 9:30-11:30am: Hand & Foot 12-3pm: Party Bridge	JULY 1 10am: TRIP- “Luau” in Robertsdale	