





Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
	1 9:55 Shopping bus 10:00 Yoga/ Dance 2:00 Chinese Relaxation 6:30 Mazl-Tov Rehearsal	2 10:00 Shopping bus 10:00 Coping Workshop 2-4 Chair Massage with Anita 5:00 Community Dinner	3 <i>10:00 ESL- 8th floor</i> 11:15 Arthritis Group 6:00 Mazl-Tov 8 th floor	4 Independence Day Office Closed Check Schedule	5 7:00 English Movie	6
	7 9:55 Shopping bus 2:00 Chinese Relaxation 6:30 Mazl-Tov Rehearsal	8 10:00 Shopping bus 5:00 Community Dinner	9 <i>10:00 ESL- 8th floor</i> 11:15 Arthritis Group 6:00 Mazl-Tov 8 th floor	10 9:55 Shopping bus 1-3 Aleph Library 6:30 Shopping bus	11 11:00 Arthritis Group 2:00 Coffee Hour 7:00 Chinese Movie	12 13
	14 9:55 Shopping bus 10:00 Yoga/ Dance 2:00 Chinese Relaxation 6:30 Mazl-Tov Rehearsal	15 George's Island Trip 10:00 Shopping bus 5:00 Community Dinner	16 <i>10:00 ESL- 8th floor</i> 11:15 Arthritis Group 6:00 Mazl-Tov 8 th floor	17 9:55 Shopping bus 1-3 Aleph Library 6:30 Shopping bus	18 11:00 Arthritis Group 2:00 Coffee Hour & Meet and Greet Molly 7:00 English Movie	19 20 
	21 9:55 Shopping bus 2:00 Chinese Relaxation 6:30 Mazl-Tov Rehearsal	22 10:00 Shopping bus 5:00 Community Dinner	23 <i>10:00 ESL- 8th floor</i> 11:15 Arthritis Group 6:00 Mazl-Tov 8 th floor	24 9:55 Shopping bus 1-3 Aleph Library 6:30 Shopping bus	25 11:00 Arthritis Group 2:00 Coffee Hour 7:00 Chinese Movie	26 27 
	28 9:55 Shopping bus 10:00 Yoga/ Dance 2:00 Chinese Relaxation 6:30 Mazl-Tov Rehearsal	29 10:00 Shopping bus 5:00 Community Dinner	30 <i>10:00 ESL- 8th floor</i> 11:15 Arthritis Group 6:00 Mazl-Tov 8 th floor	31	July 2019	