

# July 2010

## Neptune Beach Senior Activity Center

2004 Forest Avenue - Neptune Beach, Florida 32266 - 904-270-1688

Website [www.ci.neptune-beach.fl.us](http://www.ci.neptune-beach.fl.us)

<b>MONDAY</b>	10AM-NOON	IMPROVE YOUR BRIDGE
	10AM-4PM	OPEN PLAY CARDS
	12:30PM-3:30PM	DUPLICATE BRIDGE GAME
	1PM-4PM	Wii
	5:30PM-6:30PM	AEROBICS
	7PM-8:30PM	GENTLE YOGA
<b>TUESDAY</b>	9AM-4PM	OPEN PLAY CARDS
	10AM-NOON	ART/PAINTING (call for dates)
	10AM-11AM	QIGONG TAI CHI
	11AM-NOON	FITNESS FOR SENIORS
	12:30PM-1:15PM	SILVER SNEAKERS
	12:30PM-3:30PM	BILLARDS/POOL
	1PM-4PM	BEADING/JEWELRY MAKING
	7PM-10PM	DUPLICATE BRIDGE
<b>WEDNESDAY</b>	9AM-NOON	MAHJONG
	10AM-11AM	GENTLE YOGA
	11:15AM-NOON	SILVER SNEAKERS
	1PM-4PM	Wii
	1PM-4PM	OPEN PLAY CARDS
	2PM-4PM	RUBBER STAMPING & CARD MAKING (7/14 & 7/28)
	2PM-3PM	PING PONG INSTRUCTION/PLAY
	5:30PM-6:30PM	AEROBICS
	6:30PM-8:30PM	PILLOW PALS
<b>THURSDAY</b>	9AM-10:30AM	TOPS-TAKING OFF POUNDS SENSIBLY
	9AM-4PM	OPEN PLAY CARDS
	10AM-11AM	QIGONG TAI CHI
	10AM-11:30AM	BLOOD PRESSURE /GLUCOSE SCREENING (7/1)
	11AM-NOON	FITNESS FOR SENIORS
	12:30PM-1:15PM	SILVER SNEAKERS
	1:30PM-4PM	MATINEE MOVIE
	3:00PM-5PM	UKULELE ENSEMBLE
	7PM-10PM	COASTAL QUILTERS (7/1)
<b>FRIDAY</b>	9AM-3PM	QUILTING
	9:30AM-10:15AM	BEGINNING YOGA
	10AM-4PM	OPEN PLAY CARDS
	11:15AM-NOON	SILVER SNEAKERS
	1PM-4PM	Wii
<b>SATURDAY</b>	8:30AM-4PM	BEACH BUMS (7/17)
	9AM-2PM	COASTAL QUILTERS CLASS (7/17)
	3PM-7PM	PING PONG
<b>SUNDAY</b>	7PM-9PM	SUNDAY NIGHT DISCUSSION

### **CENTER CLOSED MONDAY JULY 5 FOR THE HOLIDAY**

THURSDAY MOVIE MATINEE MADNESS AT 1:30PM

*July 1 "No Greater Love;" July 8 "It's Complicated;" July 15 "An Education;"*

*July 22 "Leap Year;" July 29 "The Last Station"*

*July 1 Blood Pressure Screening@ 10am*

*July 21 Wednesday Annuities & Mutual Funds 1:30pm Presentation*