

# Village of Colonie Senior Center 518-869-7172 ACTIVITIES JULY 2021

MONDAY 7/5	TUESDAY 7/6	WEDNESDAY 7/7	THURSDAY 7/8	FRIDAY 7/9
 <p><b>CENTER CLOSED</b></p>	<p><b>10:30-11:15</b> Qi Gong (Shawn Fariss)</p> <p><b>8:30-2:30</b> Billiards Sewing Workout Room</p>	<p><b>10:15-11:00</b> Body Fitness (Theresa Mattson)</p> <p><b>12:30-1:15</b> Functional Movement</p> <p><b>8:30-2:30</b> Billiards Sewing Workout Room</p>	<p><b>9:00-2:30</b> Bingo</p> <p><b>10:15-11:00</b> Line Dancing (Theresa Mattson)</p> <p><b>8:30-2:30</b> Billiards Workout Room</p>	<p><b>10:00-2:30</b> Mah Jongg</p> <p><b>12:00</b> MOVIE</p> <p><b>8:30-2:30</b> Billiards Workout Room</p>
MONDAY 7/12	TUESDAY 7/13	WEDNESDAY 7/14	THURSDAY 7/15	FRIDAY 7/16
<p><b>9:00-2:30</b> Bingo</p> <p><b>9:00-9:45</b> Tai Chi (Shawn Ferris)</p> <p><b>8:30-2:30</b> Billiards Workout Room</p>	<p><b>10:30-11:15</b> Qi Gong (Shawn Fariss)</p> <p><b>8:30-2:30</b> Billiards Sewing Workout Room</p>	<p><b>10:15-11:00</b> Body Fitness (Theresa Mattson)</p> <p><b>12:30-1:15</b> Functional Movement</p> <p><b>8:30-2:30</b> Billiards Sewing Workout Room</p>	<p><b>9:00-2:30</b> Bingo</p> <p><b>10:15-11:00</b> Line Dancing (Theresa Mattson)</p> <p><b>8:30-2:30</b> Billiards Workout Room</p>	<p><b>10:00-2:30</b> Mah Jongg</p> <p><b>12:00</b> MOVIE</p> <p><b>8:30-2:30</b> Billiards Workout Room</p>
MONDAY 7/19	TUESDAY 7/20	WEDNESDAY 7/21	THURSDAY 7/22	FRIDAY 7/23
<p><b>9:00-2:30</b> Bingo</p> <p><b>9:00-9:45</b> Tai Chi (Shawn Fariss)</p> <p><b>8:30-2:30</b> Billiards Workout Room</p>	<p><b>10:30-11:15</b> Qi Gong (Shawn Fariss)</p> <p><b>8:30-2:30</b> Billiards Sewing Workout Room</p>	<p><b>NO Body Fitness</b></p> <p><b>11:00 Happy Hour Cocktails &amp; Snacks</b></p> <p><b>12:30-1:15</b> Functional Movement (Isadore)</p> <p><b>8:30-2:30</b> Billiards Sewing Workout Room</p>	<p><b>9:00-2:30</b> Bingo</p> <p><b>NO Line Dancing</b></p> <p><b>8:30-2:30</b> Billiards Workout Room</p>	<p><b>10:00-2:30</b> Mah Jongg</p> <p><b>12:00</b> MOVIE</p> <p><b>8:30-2:30</b> Billiards Workout Room</p>
MONDAY 7/26	TUESDAY 7/27	WEDNESDAY 7/28	THURSDAY 7/28	FRIDAY 7/30
<p><b>9:00-2:30</b> Bingo</p> <p><b>9:00-9:45</b> Tai Chi (Shawn Fariss)</p> <p><b>8:30-2:30</b> Billiards Workout Room</p>	<p><b>10:30-11:15</b> Qi Gong (Shawn Fariss)</p> <p><b>8:30-2:30</b> Billiards Sewing Workout Room</p>	<p><b>10:15-11:00</b> Body Fitness (Theresa Mattson)</p> <p><b>12:30-1:15</b> Functional Movement (Isadore)</p> <p><b>8:30-2:30</b> Billiards Sewing Workout Room</p>	<p><b>9:00-2:30</b> Bingo</p> <p><b>10:15-11:00</b> Line Dancing (Theresa Mattson)</p> <p><b>8:30-2:30</b> Billiards Workout Room</p>	<p><b>CHRISSEY'S BIRTHDAY</b></p> <p><b>10:00-2:30</b> Mah Jongg</p> <p><b>1:00</b> Dance Party w/Chrissy</p> <p><b>8:30-2:30</b> Billiards Workout Room</p>