

# JUNE 2024

## GLEN ROCKIN SENIORS

Tues & Thurs. -Doors open at 10am  
for coffee, tea, cookies, munchies

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>3</b> <b>11:15</b> STRENGTH TRAINING WITH ROY WEISS	<b>4</b> <b>10:30</b> AGELESS GRACE EXERCISE <b>11:30</b>	<b>5</b> <b>11:15</b> STRENGTH TRAINING WITH ROY WEISS	<b>6</b> <b>10:30</b> AGELESS GRACE EXERCISE <b>11:30</b> <b>THE FIRST LADIES</b> a talk by Paul Duerr		
	<b>10</b> <b>11:15</b> STRENGTH TRAINING WITH ROY WEISS.	<b>11</b> <b>10:30</b> AGELESS GRACE EXERCISE <b>11:30</b> CHAIR ZUMBA	<b>12</b> <b>11:15</b> STRENGTH TRAINING WITH ROY WEISS	<b>13</b> <b>10:30</b> AGELESS GRACE EXERCISE <b>11:30</b> <b>BINGO</b>		
	<b>17</b> <b>11:15</b> STRENGTH TRAINING WITH ROY WEISS	<b>18</b> <b>10:30</b> AGELESS GRACE EXERCISE <b>11:30</b>	<b>19</b> <b>11:15</b> STRENGTH TRAINING WITH ROY WEISS	<b>20</b> <b>10:30</b> AGELESS GRACE <b>11:30</b> <b>ARCADE AT THE ANNEX</b>		
	<b>24</b> <b>11:15</b> STRENGTH TRAINING WITH ROY WEISS	<b>25</b> <b>10:30</b> AGELESS GRACE with Sara <b>11:30</b> CHAIR ZUMBA <b>10 am Wellness Program</b>	<b>26</b> <b>11:15</b> STRENGTH TRAINING WITH ROY WEISS	<b>27</b> <b>10:30</b> AGELESS GRACE with Sara <b>11:30</b> <b>HISTORY COMES ALIVE w 'THE BRITISH ARE COMING'</b>		

