


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	ARTIST OF THE MONTH: Marty Kawadler					1 8:30a-Road Cycling 9a- Swimming Grt Island Pond 1p- Beginner Mahjong
2 10a-Piano & Coffee 1p- Ancestry Group	3 11:30a-Teachings Unseen World 12:30p-Swiss Bridge 1p-Ping Pong 1p-Chess 4p-Mahjong Playing	4 Independence Day Stonebridge Office Closed No Fitness Classes 	5 9a-Acrylic Class 10a-Bridge Lessons @ Great Is 1p-Duplicate Bridge 1p-Wednesday Writers Group 1p-Ping Pong 1p- American Canasta 3p- New Resident Orientation 4:45p- Shalom Book Grp	6 8:30a- Bird Brains 12:30p-Bonjour French 1p-Chess 2p-Great Discussions	7 10a-Cribbage 1p-Friday Bridge 1p-Ping Pong 6:30p-Sing-A-Long	8 8:30a-Road Cycling 9a- Swimming Great Island Pond 1p- Beginner Mahjong
9 5p- Books for Cooks	10 10a-Creative Stitchery 11:30a-Teachings Unseen World 12:30p-Swiss Bridge 1p- Ping Pong canceled 1p-Chess 4p-Mahjong Playing 5p-Womanade	11 8:30a-Road Cycling 9a-Art Studio 11:30a-Quilt Club 12p-Con Moto Practice 2p-Tuesday Bridge 4p-Meditation @ The MarQ 4:05p-The New Yorker Disc. 4:30p-French Convers. 7p-Fishing Club Meeting 7p- Investment Club	12 9a-Acrylic Class 10a-Bridge Lessons - Great Is 1p-Duplicate Bridge 1p-Ping Pong 1p- American Canasta 4p-Veterans Grp @ Rec Room 6:30-Cabana Room Players 6:30-Glee Club	13 10:30-Hadassah Summer Soc. 12:30p-Bonjour French 1p-Classic Movie Matinee 1p-Chess 2p-Reading the Short Story 4p-Moment in Time History 4p-State of the World	14 10a-Cribbage 1p-Friday Bridge 1p-Ping Pong 1p-Knitting WV Meeting House	15 8:30a-Road Cycling 9a- Swimming Great Island Pond 1p- Beginner Mahjong
16	17 10a-Creative Stitchery 11:30a-Teachings Unseen World 12:30p-Swiss Bridge 1p-Ping Pong 1p-Chess 2p-Mystery Book Club 4p-Mahjong Playing 7p-Art Society	18 8:30a-Road Cycling 9a-Art Studio 11a-Writers Circle 11:30a-Quilt Club 12p-Con Moto Music Practice 2p-Tuesday Bridge 4p-Sustainable Pinehills 4p-Meditation @ The MarQ 4:15p-Solo Womens Travel Club	19 9a-Acrylic Class 10a-Bridge Lessons - Great Is 1p-Duplicate Bridge 1p-Wednesday Writers Group 1p-Ping Pong 1p- Canasta 3p- New Resident Orientation 6:30p-Glee Club 7p-American Civil War Discuss	20 8:30a- Bird Brains 10a-GI Social Club 12:30p-Bonjour French 1p-Chess 2p-Well Read Book Club 4p-Foreign Affairs Discuss.	21 10a-Cribbage 1p-Friday Bridge 1p-Ping Pong 7p-Forever Song Circle	22 8:30a-Road Cycling 9a- Swimming Great Island Pond 1p-Beginner Mahjong
23	24 10a-Creative Stitchery 11:30a-Teachings Unseen World 12:30p-Swiss Bridge 1p-Ping Pong 1p-Chess 3p-Merry Book Club 4p-Mahjong Playing 7p-Wine Club 7p-Stonebridge Readers 7p-The Speakers Group	25 8:30a-Road Cycling 9a-Art Studio 11:30a-Quilt Club 12p-Con Moto Music Practice 2p-Tuesday Bridge 4p-Meditation @ The MarQ 4p-The New Yorker Disc. 4:15p-Single Pageturners 4:30p-French Conversation 6:30p-Bunco IV	26 9a-Acrylic Class 10a-Bridge Lessons @ Grt Is. 1p-Duplicate Bridge 1p-Ping Pong 1p- American Canasta 6p- Cabana Room Players 6p-The Art of Satire	27 12:30p-Bonjour French 1p-Chess 4p-Reading the Short Story 4p-State of the World 6:30- Book Love Author Talk Dr. Dickson Thom	28 10a-Cribbage 1p-Friday Bridge 1p-Ping Pong 1p-ALTOS 1p-Knitting WV Meeting House	29 8:30a-Road Cycling 9a- Swimming Great Island Pond 1p-Beginner Mahjong
30	31 Same schedule as July 10 minus Womanade					Updated 7/17/23

Fitness Class Schedule

Group Resistance Training

MWF @ 7:30a

Total Body Fitness

MWF @ 8:45a

Yoga AM

MWF @10:15a

Tai Chi

T&Th @ 9a (zoom)

Flex & Strength

T @ 10:30a

Stretch

Th @ 10:15a

Gentle Yoga

Th @ 11:30a

Stonebridge Pool Open

Tuesdays Members Only

Hours: 8am to Dusk

8am-10am Lap Swimming

10am- Free Swim

Water Aerobics

Wed - 10:15a-11a

Thurs - 5p to 5:45p