<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<td>6</td>
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<tr>
<td>30 a.m. Body Sculpt</td>
<td>9:30 a.m. Open Art</td>
<td>8:30 a.m. Body Sculpt</td>
<td>9 a.m. Housing Services</td>
<td>9 a.m. Beginner Ukulele</td>
</tr>
<tr>
<td>9 a.m. Crochet, Tatting &amp; Knitting</td>
<td>9:30 a.m. Walk With Ease</td>
<td>9:30 a.m. SAIL exercise</td>
<td>10 a.m. Easy Does It Exercise</td>
<td>9:30 a.m. SAIL exercise</td>
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<td>9 a.m. Beginner Facebook</td>
<td>9 a.m. Easy Does It Exercise</td>
<td>9 a.m. Walk With Ease</td>
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<td>9:30 a.m. Walk With Ease</td>
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<td>9 a.m. SAIL exercise</td>
<td>11 a.m. Dancercise</td>
<td>11 a.m. Beginner Tai Chi</td>
<td>11 a.m. Beginner Tai Chi</td>
<td>11 a.m. Intermediate Tai Chi</td>
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<tr>
<td>9:30 a.m. Beginner Auto Harp Lessons</td>
<td>11:30 a.m. Cookout &amp; Hike: Guilford Mackintosh Park</td>
<td>12:30 p.m. Mah Jongg</td>
<td>10 a.m. Golden Harmonies Choir Practice</td>
<td>10 a.m. Golden Harmonies Choir Practice</td>
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<tr>
<td>11 a.m. SAIL Exercise</td>
<td>11:30 a.m. Helping Seniors Stay at Home</td>
<td>1 p.m. iPhone Class</td>
<td>11:30 a.m. Tambourine Class</td>
<td>11:30 a.m. Tambourine Class</td>
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<tr>
<td>12:15 p.m. Arthritis Support - Do I Have Rheumatoid Arthritis?</td>
<td>2 p.m. Auto Harp Lessons</td>
<td>1 p.m. Memoir Class</td>
<td>1 p.m. Healthy Back</td>
<td>1 p.m. Healthy Back</td>
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<tr>
<td>12:30 p.m. Card &amp; Game party</td>
<td>5 p.m. Tone Up Exercise Class</td>
<td>2 p.m. Table Tennis</td>
<td>1 p.m. Duplicate Bridge</td>
<td>1 p.m. Duplicate Bridge</td>
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<tr>
<td>12:30 p.m. Table Tennis</td>
<td>6 p.m. iPhone Class</td>
<td>2:30 p.m. Android Phone Class</td>
<td>2:30 p.m. Advanced Tai Chi</td>
<td>2:30 p.m. Advanced Tai Chi</td>
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<tr>
<td>6 p.m. Pump Iron for Gold</td>
<td>6:30 p.m. Duplicate Bridge</td>
<td>6 p.m. Table Tennis</td>
<td>6 p.m. Pump Iron for Gold</td>
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<td>6 p.m. Dancercise</td>
<td>7:45 p.m. Duplicate Bridge</td>
<td>6 p.m. Card &amp; Game Party</td>
<td>6 p.m. Computer Lab</td>
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<td>6:30 p.m. Duplicate Bridge</td>
<td>6 p.m. Card &amp; Game Party</td>
<td>6 p.m. Computer Lab</td>
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<tr>
<td>8:30 a.m. Body Sculpt</td>
<td>9:30 a.m. Open Art</td>
<td>8:30 a.m. Body Sculpt</td>
<td>10 a.m. Easy Does It Exercise</td>
<td>9 a.m. Artist of Burlington Show and Share</td>
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<tr>
<td>9 a.m. Crochet, Tatting &amp; Knitting</td>
<td>9:30 a.m. Walk With Ease</td>
<td>9 a.m. Hike: Hagan-Stone Park</td>
<td>10 a.m. Easy Does It Exercise</td>
<td>9:30 a.m. Walk With Ease</td>
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<td>9 a.m. SAIL exercise</td>
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<td>11 a.m. Beginner Tai Chi</td>
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<td>10 a.m. Easy Does It Exercise</td>
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<td>9:30 a.m. Beginner Auto Harp Lessons</td>
<td>11 a.m. Dancercise</td>
<td>12:30 p.m. SAIL exercise</td>
<td>10 a.m. Bocce</td>
<td>10 a.m. Beginner Ukulele</td>
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<tr>
<td>11 a.m. SAIL Exercise</td>
<td>1 p.m. Visual Arts Display</td>
<td>12:30 p.m. Mah Jongg</td>
<td>10 a.m. Bocce</td>
<td>9:30 a.m. SAIL exercise</td>
</tr>
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<td>12:15 p.m. Arthritis Support - Do I Have Rheumatoid Arthritis?</td>
<td>2 p.m. Auto Harp Lessons</td>
<td>1 p.m. Memoir Class</td>
<td>10 a.m. Golden Harmonies Choir Practice</td>
<td>10 a.m. Golden Harmonies Choir Practice</td>
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<tr>
<td>12:30 p.m. Card &amp; Game party</td>
<td>5 p.m. Tone Up Exercise Class</td>
<td>2 p.m. Table Tennis</td>
<td>11:30 a.m. Tambourine Class</td>
<td>11:30 a.m. Tambourine Class</td>
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<td>1 p.m. Healthy Back</td>
<td>6 p.m. iPhone Class</td>
<td>2:30 p.m. Android Phone Class</td>
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<td>2:30 p.m. Table Tennis</td>
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<td>2:30 p.m. Advanced Internet</td>
<td>7:45 p.m. Android Class</td>
<td>6 p.m. Table Tennis</td>
<td>2:30 p.m. Advanced Tai Chi</td>
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<td>6 p.m. Pump Iron for Gold</td>
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<td>6 p.m. Card &amp; Game Party</td>
<td>6 p.m. Pump Iron for Gold</td>
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<td>8:30 a.m. Body Sculpt</td>
<td>8:30 a.m. Body Sculpt</td>
<td>8:30 a.m. Body Sculpt</td>
<td>10 a.m. Bocce</td>
<td>8:30 a.m. Paddle: Mackintosh Lake</td>
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<td>9 a.m. Beginner Facebook class</td>
<td>9:30 a.m. Open Art</td>
<td>9:30 a.m. SAIL exercise</td>
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<td>9 a.m. Beginner Ukulele</td>
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<td>9:30 a.m. Walk With Ease</td>
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<td>10 a.m. Easy Does It Exercise</td>
<td>9:30 a.m. SAIL exercise</td>
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<td>10 a.m. Table Class</td>
<td>10 a.m. Easy Does It Exercise</td>
<td>11 a.m. Beginner Tai Chi</td>
<td>10 a.m. Golden Harmonies Choir Practice</td>
<td>9:30 a.m. Walk With Ease</td>
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<td>11:15 a.m. Forest Hills Club</td>
<td>11 a.m. Dancercise</td>
<td>12:30 p.m. SAIL exercise</td>
<td>11:30 a.m. Tambourine Class</td>
<td>11:30 a.m. Intermediate Tai Chi</td>
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<tr>
<td>12:15 p.m. Card &amp; Game party</td>
<td>12:30 p.m. Auto Harp Lessons</td>
<td>12:30 p.m. Mah Jongg</td>
<td>1 p.m. Healthy Back</td>
<td>12:30 p.m. Darts</td>
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<td>1 p.m. Duplicate Bridge</td>
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<td>1 p.m. Quilting Bee</td>
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<td>12:30 p.m. Darts</td>
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<td>6:30 p.m. Duplicate Bridge</td>
<td>2:30 p.m. Android Phone Class</td>
<td>6 p.m. Pump Iron for Gold</td>
<td>1 p.m. Computer Lab</td>
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<td>2:30 p.m. Advanced Internet</td>
<td>7:45 p.m. Android Class</td>
<td>6 p.m. Table Tennis</td>
<td>6 p.m. Pump Iron for Gold</td>
<td>1 p.m. Movie</td>
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<td>7:45 p.m. Android Class</td>
<td>6 p.m. Computer Lab</td>
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<td>6:30 p.m. Duplicate Bridge</td>
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<td>Closed for Memorial Day</td>
<td>9:30 a.m. Open Art</td>
<td>8:30 a.m. Body Sculpt</td>
<td>9 a.m. Bocce</td>
<td>9 a.m. Beginner Facebook class</td>
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<tr>
<td>9:30 a.m. Walk With Ease</td>
<td>9:30 a.m. SAIL exercise</td>
<td>9:30 a.m. Walk With Ease</td>
<td>10 a.m. Easy Does It Exercise</td>
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<td>10 a.m. Easy Does It Exercise</td>
<td>9:30 a.m. Walk With Ease</td>
<td>9 a.m. Hike: Cedarock</td>
<td>10 a.m. Golden Harmonies Choir Practice</td>
<td>11 a.m. Intermediate Tai Chi</td>
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<td>2 p.m. Auto Harp Lessons</td>
<td>9:30 a.m. SAIL exercise</td>
<td>10:30 a.m. Cognitive Disorders, Alzheimer’s, Dementia</td>
<td>10 a.m. Beginner Tai Chi</td>
<td>12:30 p.m. Darts</td>
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<tr>
<td>1 p.m. Mr. Zion Bingo</td>
<td>11:30 a.m. Elmira Club</td>
<td>11:30 a.m. Beginner Tai Chi</td>
<td>11:30 a.m. Tambourine Class</td>
<td>11:30 a.m. Intermediate Tai Chi</td>
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<td>6:30 p.m. Duplicate Bridge</td>
<td>12:30 p.m. Mah Jongg</td>
<td>1 p.m. iPhone Class</td>
<td>1 p.m. Duplicate Bridge</td>
<td>1 p.m. Computer Lab</td>
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<td>6 p.m. iPhone Class</td>
<td>2 p.m. Table Tennis</td>
<td>2 p.m. Table Tennis</td>
<td>1 p.m. Burlington Senior Club</td>
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<td>6 p.m. Table Tennis</td>
<td>6 p.m. Tone Up Exercise Class</td>
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<td>6 p.m. Card &amp; Game Party</td>
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<td>6 p.m. Computer Lab</td>
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<td>3</td>
<td>8:30 a.m. Body Sculpt</td>
<td>9:30 a.m. Easy Does It Exercise</td>
<td>10 a.m. Easy Does It Exercise</td>
<td>9 a.m.</td>
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<tr>
<td>9 a.m. Crochet, Knitting &amp; Tatting</td>
<td>11 a.m. Dancercise</td>
<td>11 a.m. Stayng Active As We Age</td>
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<td>12:30 p.m. Mah Jongg</td>
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<td>9 a.m.</td>
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<td>6:30 p.m. Duplicate Bridge</td>
<td>1 p.m. Memoir Class</td>
<td>Choir Practice</td>
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<td>9 a.m. Beginner Auto Harp</td>
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<td>1 p.m. iPhone Phone Class</td>
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<td>10 a.m. Tablet Class</td>
<td>12:30 p.m. Card and Game Party</td>
<td>2:30 p.m. Android Phone Class</td>
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<td>30 a.m.</td>
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<td>6:30 p.m. Table Tennis</td>
<td>1 p.m. Darts</td>
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<td>6 p.m. Game and Card Party</td>
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<td>2:30 p.m. Table Tennis</td>
<td>6 p.m. Computer Lab</td>
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<td>6 p.m. Pump Iron for Gold</td>
<td>6:30 p.m. Duplicate Bridge</td>
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<td>6 p.m. Dancerse</td>
<td>6:30 p.m. Duplicate Bridge</td>
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**Kernodle activities for JUNE**