




Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
<div>July 2025</div> <div>Life Enrichment Calendar</div> <div>Seacrest Village Retirement Communities at Encinitas</div> <div>Lee and Frank Goldberg Residence Court</div> <div>[Activities can occur at any time and are not limited to formal activity staff. All activities are subject to change.]</div>						<div>1</div> <div>9:00 Stretch & Strengthen w/Zy (FC)</div> <div>10:00 Circuit Cardio & Strength w/Zy (FC)</div> <div>11:00 Sit N Be FIT w/Ann (FC)</div> <div>1:00 Mah Jongg (TR)</div> <div>1:00 Trip: Mount Soledad & stop for a pastry</div> <div>1:15 Current Events w/Rick (TH)</div> <div>6:30 Evening Movie(TH)</div>		<div>2</div> <div>Shopping Loops 9am, 11am, 1pm, 3pm</div> <div>9:00 Stretch & Strength w/Zy (FC)</div> <div>9:45 Aqua Fun w/Ann (FC)</div> <div>10:00 Balance Training w/Zy (FC)</div> <div>11:00 Balance and Strength for Walker Users (FC)</div> <div>2:30 Adult Education: Judaism's Great Debates w/Rabbi Yaffa-Shira (TH)</div> <div>3:30 Cooking Demo w/Ben Mastracco: (R)</div> <div>6:30 Piano Sing Along (Francy's)</div>		<div>3</div> <div>8:00 Trip: Tamarack Beach walk w/Zy</div> <div>9:00 Stretch & Strengthen w/Ann (FC)</div> <div>10:00 Trip: French Pastry & coffee at Isabelle Briens</div> <div>10:00 Bangles & Beads (R)</div> <div>10:00 Circuit Cardio & Strength w/Zy (FC)</div> <div>10:30 Time in the Library w/Marsha (LI)</div> <div>11:00 Sit N Be Fit w/Ann (FC)</div> <div>1:00 Mah Jongg (TR)</div> <div>1:30 Walker Decorating (DAVS)</div> <div>3:30 Happy Hour: Daniel Newheiser (Francy's)</div> <div>6:30 Evening Movie (TH)</div>		<div>4</div> <div>INDEPENDENCE DAY!</div> <div>9:00 Balance Training w/ Zy (FC)</div> <div>10:00 All Campus Concert: The Sussmans (CS)</div> <div>11:00 Fourth of July Parade (DAVS)</div> <div>12:00 4th BBQ w/ music by the Blue Zone (DAVS)</div> <div>1:00 Rummi-Q (TR)</div> <div>1:30 Fourth of July Seated Volleyball w/Zy & Amy (FC)</div> <div>3:00 Independence Day Movie "1776" (TH)</div> <div>5:00 Shabbat Candle Lighting w/Rabbi Yaffa-Shira (DR)</div> <div></div>		<div>5</div> <div>10:00 Shabbat Services w/Rabbi Yaffa-Shira & Cantor Kathy (CS & 2493)</div> <div>12:00-4:00 Open Gym (FC)</div> <div>1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)</div> <div>1:45 Pool/Aqua Fun w/Zy or Ann (FC)</div> <div>2:30 Classic Movie Saturday (TH)</div>	
<div>6</div> <div>9:15 Seated Tai Chi w/Patrick (FC)</div> <div>10:30 Script Reading (TH)</div> <div>12:30 Mah Jongg (R)</div> <div>1:00 Rummi Q (TR)</div> <div>3:30 Scrabble (TR)</div>		<div>7</div> <div>9:00 Stretch & Strengthen w/ Zy (FC)</div> <div>10:00 BBC - London Philharmonic (CS)</div> <div>10:00 Mat Pilates w/ Zy (FC)</div> <div>11:00 Chair/Mat Yoga w/ Zy (FC)</div> <div>1:00 Claire's Knitting Group (TR)</div> <div>2:30 Crafting w/Kelly (R)</div> <div>3:00 Afternoon Movie (TH)</div>		<div>8</div> <div>9:00 Stretch & Strengthen w/Zy(FC)</div> <div>9:15 Advanced Hearing Care (TR)</div> <div>10:00 Circuit Cardio & Strength w/Zy (FC)</div> <div>10:30 NEW: Yiddish Club (TH)</div> <div>11:00 Sit N Be FIT w/Ann (FC)</div> <div>1:00 Trip: Shopping at JC Penney</div> <div>1:00 Mah Jongg (TR)</div> <div>1:15 Current Events w/Rick (TH)</div> <div>3:30 What's on Your Mind w/Larry (TH)</div> <div>6:30 Evening Movie (TH)</div>		<div>9</div> <div>Shopping Loops 9am, 11am, 1pm, 3pm</div> <div>9:00 Stretch & Strength w/Zy (FC)</div> <div>9:45 Aqua Fun w/Ann (FC)</div> <div>10:00 Balance Training w/Zy (FC)</div> <div>11:00 Balance and Strength for Walker Users (FC)</div> <div>1:15 Bridge Club (TR)</div> <div>2:30 Adult Education: Judaism's Great Debates w/Rabbi Yaffa-Shira (TH)</div> <div>6:30 Opera Night (TH)</div>		<div>10</div> <div>8:00 Trip: Tamarack Beach walk w/Zy</div> <div>9:00 Stretch & Strengthen w/Ann (FC)</div> <div>9:15 Trip: Salk Institute</div> <div>10:00 Bangles & Beads (R)</div> <div>10:00 Circuit Cardio & Strength w/Zy (FC)</div> <div>10:30 Time in the Library w/Marsha (LI)</div> <div>11:00 Sound Therapy w/Kathleen (FC)</div> <div>1:00 Mah Jongg (TR)</div> <div>2:30 Bi-annual Community Wide Memorial Service (CS)</div> <div>3:30 Happy Hour: Carlos Velasco (Francy's)</div> <div>6:30 Evening Movie (TH)</div>		<div>11</div> <div>9:00 Balance Training w/ Zy (FC)</div> <div>10:00 Chair/Mat Yoga w/ Zy (FC)</div> <div>10:30 Morning Movie(TH)</div> <div>10:30 Learn To Play Canasta (TR)</div> <div>10:30 SALSA Dance Show w/Hernan and Partner (CS)</div> <div>11:00 Stretch & Strengthen w/Zy (FC)</div> <div>1:00 Rummi-Q (TR)</div> <div>1:00 Word Game w/Kelly (TH)</div> <div>1:00 Seated Volleyball w/Zy & Amy (FC)</div> <div>2:15 You Be The Judge w/Judi (TH)</div> <div>3:15 Technology w/Steve (CL)</div> <div>5:00 Shabbat Candle Lighting w/Rabbi Yaffa-Shira (DR)</div>		<div>12</div> <div>10:00 Shabbat Services w/Rabbi Yaffa-Shira & Cantor Kathy (CS & 2493)</div> <div>12:00-4:00 Open Gym (FC)</div> <div>1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)</div> <div>1:45 Pool/Aqua Fun w/Zy or Ann (FC)</div> <div>2:30 Classic Movie Saturday (TH)</div> <div>3:30 Seated Israeli Folk Exercise/ Dance (CS)</div>			
<div>13</div> <div>9:15 Seated Tai Chi w/Patrick (FC)</div> <div>10:30 Script Reading (TH)</div> <div>10:30 JFest Presents: Women of Valor Performance (CS)</div> <div>12:30 Mah Jongg (R)</div> <div>1:00 Rummi Q (TR)</div> <div>3:30 Scrabble (TR)</div>		<div>14</div> <div>9:00 Stretch & Strengthen w/ Zy (FC)</div> <div>10:00 BBC - London Philharmonic (CS)</div> <div>10:00 Mat Pilates w/ Zy (FC)</div> <div>11:00 Book Club (TH)</div> <div>11:00 Chair/Mat Yoga w/ Zy (FC)</div> <div>1:00 Claire's Knitting Group (TR)</div> <div>2:30 Art Program with Irene (R)</div> <div>3:00 Afternoon Movie (TH)</div> <div>6:30 Bingo w/ Wayne & Linda (CS)</div>		<div>15</div> <div>9:00 Stretch & Strengthen w/Zy(FC)</div> <div>10:00 Circuit Cardio & Strength w/Zy (FC)</div> <div>10:30 Travel Log w/Hernan: Spain (TH)</div> <div>11:00 Sit N Be FIT w/Ann (FC)</div> <div>1:00 Mah Jongg (TR)</div> <div>1:00 Trip: Museum of Making Music</div> <div>1:15 Current Events w/Rick (TH)</div> <div>6:30 Evening Movie (TH)</div>		<div>16</div> <div>Shopping Loops 9am, 11am, 1pm, 3pm</div> <div>9:00 Stretch & Strength w/Zy (FC)</div> <div>9:45 Aqua Fun w/Ann (FC)</div> <div>10:00 Balance Training w/Zy (FC)</div> <div>11:00 Balance and Strength for Walker Users (FC)</div> <div>2:30 Adult Education: Judaism's Great Debates w/Rabbi Yaffa-Shira (TH)</div> <div>5:30 Monthly Birthday Bash (DR)</div> <div>6:30 Piano Sing Along (Francy's)</div>		<div>17</div> <div>8:00 Trip: Tamarack Beach walk w/Zy</div> <div>9:00 Stretch & Strengthen w/Ann (FC)</div> <div>9:30 Trip: Garden State Bagels & Coffee</div> <div>10:00 Bangles & Beads (R)</div> <div>10:00 Culinary Meeting (TH)</div> <div>10:00 Circuit Cardio & Strength w/Zy (FC)</div> <div>10:30 Time in the Library w/Marsha (LI)</div> <div>11:00 Sit N Be Fit w/Ann (FC)</div> <div>1:00 Mah Jongg (TR)</div> <div>2:00 Let's Schmooze w/Dina (TH)</div> <div>3:30 Happy Hour: Vincent Young (Francy's)</div> <div>6:30 Evening Movie (TH)</div>		<div>18</div> <div>9:00 Balance Training w/ Zy (FC)</div> <div>10:00 Chair/Mat Yoga w/ Zy (FC)</div> <div>10:30 Morning Movie(TH)</div> <div>10:30 Learn To Play Canasta (TR)</div> <div>11:00 Stretch & Strengthen w/Zy (FC)</div> <div>11:30 Trip: Walk to CVS w/ride back to Seacrest</div> <div>1:00 Rummi-Q (TR)</div> <div>1:00 Word Game w/Kelly (TH)</div> <div>1:00 Seated Volleyball w/Zy & Amy (FC)</div> <div>2:15 You Be The Judge w/Judi (TH)</div> <div>3:15 Technology w/Steve (CL)</div> <div>5:00 Shabbat Candle Lighting w/Rabbi Yaffa-Shira (DR)</div>		<div>19</div> <div>PRIDE SHABBAT</div> <div></div> <div>10:00 Shabbat Services w/Rabbi Yaffa-Shira & Cantor Mark: Celebrating the GLBTQ Community. Love is Love! (CS & 2493)</div> <div>12:00-4:00 Open Gym (FC)</div> <div>1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)</div> <div>1:45 Pool/Aqua Fun w/Zy or Ann (FC)</div> <div>2:30 Classic Movie Saturday (TH)</div>			
<div>20</div> <div>9:15 Seated Tai Chi w/Patrick (FC)</div> <div>10:30 Script Reading (TH)</div> <div>10:30 Performance: Ranger Jack Morris (Charlie's son) (CS)</div> <div>12:30 Mah Jongg (R)</div> <div>1:00 Rummi Q (TR)</div> <div>3:30 Scrabble (TR)</div>		<div>21</div> <div>9:00 Stretch & Strengthen w/ Zy (FC)</div> <div>10:00 BBC-London Philharmonic (CS)</div> <div>10:00 Mat Pilates w/ Zy (FC)</div> <div>10:30 Technology Assistance w/Barry (CL)</div> <div>11:00 Chair/Mat Yoga w/ Zy (FC)</div> <div>1:00 Claire's Knitting Group (TR)</div> <div>2:00 Town Hall (CS)</div> <div>3:00 Afternoon Movie (TH)</div> <div>6:30 Poker w/Jeff Stoff (TR)</div>		<div>22</div> <div>9:00 Stretch & Strengthen w/Zy(FC)</div> <div>9:45 Trip: Coronado Ferry & Lunch</div> <div>10:00 Circuit Cardio & Strength w/Zy (FC)</div> <div>10:30 NEW: Yiddish Club (TH)</div> <div>11:00 Sit N Be FIT w/Ann (FC)</div> <div>11:00 Stretch & Strengthen w/Ann(FC)</div> <div>1:00 Mah Jongg (TR)</div> <div>3:30 What's on Your Mind w/Larry H)</div> <div>6:30 Evening Movie (TH)</div>		<div>23</div> <div>Shopping Loops 9am, 11am, 1pm, 3pm</div> <div>9:00 Stretch & Strength w/Zy (FC)</div> <div>9:45 Aqua Fun w/Ann (FC)</div> <div>10:00 Balance Training w/Zy (FC)</div> <div>11:00 Balance and Strength for Walker Users (FC)</div> <div>1:00 Alterations at Seacrest w/Tailor Andy (rm A-133) sign up in purple binder</div> <div>1:15 Bridge Club (TR)</div> <div>1:30 Food for Thought W/Nutritionist Erica Dempsey: (TH)</div> <div>2:30 Adult Education: Judaism's Great Debates w/Rabbi Yaffa-Shira (TH)</div> <div>6:30 Opera Night (TH)</div>		<div>24</div> <div>8:00 Trip: Tamarack Beach walk w/Zy</div> <div>9:00 Stretch & Strengthen w/Ann (FC)</div> <div>10:00 Trip: Shopping at Costco</div> <div>10:00 Bangles & Beads (R)</div> <div>10:00 Circuit Cardio & Strength w/Zy (FC)</div> <div>10:30 Time in the Library w/Marsha (LI)</div> <div>11:00 Sit N Be Fit w/Ann (FC)</div> <div>1:00 Mah Jongg (TR)</div> <div>3:30 Hawaiian Happy Hour w/ Hawaiian Musician: Bruddah Vince (DAVS)</div> <div>6:30 Evening Movie (TH)</div>		<div>25</div> <div>9:00 Balance Training w/ Zy (FC)</div> <div>10:00 New Resident Open House w/Rabbi Yaffa-Shira (TR)</div> <div>10:00 Chair/Mat Yoga w/ Zy (FC)</div> <div>10:30 Morning Movie(TH)</div> <div>10:30 Learn To Play Canasta (TR)</div> <div>11:00 Stretch & Strengthen w/Zy (FC)</div> <div>1:00 Rummi-Q (TR)</div> <div>1:00 Word Game w/Kelly (TH)</div> <div>1:00 Seated Volleyball w/Zy & Amy (FC)</div> <div>2:15 You Be The Judge w/Judi (TH)</div> <div>5:00 Shabbat Candle Lighting w/Rabbi Yaffa-Shira (DR)</div>		<div>26</div> <div>10:00 Outdoor Shabbat Services w/Rabbi Yaffa-Shira & Cantor Mark (DAVS, No Livestream)</div> <div>12:00–4:00 pm Open Gym (FC)</div> <div>1:30 Shabbat Limud w/Rabbi Yaffa-Shira (CS)</div> <div>1:45 Pool/Aqua Fun w/Zy or Ann (FC)</div> <div>2:30 Classic Movie Saturday (TH)</div> <div>3:30 Seated Israeli Folk Exercise/ Dance (CS)</div>			
<div>27</div> <div>9:15 Seated Tai Chi w/Patrick (FC)</div> <div>10:30 Script Reading (TH)</div> <div>12:30 Mah Jongg (R)</div> <div>12:45 Trip: North Coast Rep Theater</div> <div>1:00 Rummi Q (TR)</div> <div>3:30 Scrabble (TR)</div>		<div>28</div> <div>9:00 Stretch & Strengthen w/ Zy (FC)</div> <div>10:00 BBC - London Philharmonic (CS)</div> <div>10:00 Mat Pilates w/ Zy (FC)</div> <div>10:30 Technology Assistance w/Barry (CL)</div> <div>11:00 Chair/Mat Yoga w/ Zy (FC)</div> <div>1:00 Claire's Knitting Group (TR)</div> <div>2:30 iPhone and iPad tutoring w/Kate (CL)</div> <div>2:30 Trivia w/Gail & Terry (TR)</div> <div>3:00 Afternoon Movie (TH)</div> <div>6:30 Bingo w/ Wayne & Linda (CS)</div>		<div>29</div> <div>9:00 Stretch & Strengthen w/Zy(FC)</div> <div>10:00 Circuit Cardio & Strength w/Zy (FC)</div> <div>11:00 Sit N Be FIT w/Ann (FC)</div> <div>11:45 Trip: Lunch at Hernandez Hideaway and Scenic Drive</div> <div>1:00 Mah Jongg (TR)</div> <div>2:30 Heart to Heart w/Carl (Francy's)</div> <div>6:30 Evening Movie (TH)</div>		<div>30</div> <div>Shopping Loops 9am, 11am, 1pm, 3pm</div> <div>9:00 Stretch & Strength w/Zy (FC)</div> <div>9:45 Aqua Fun w/Ann (FC)</div> <div>10:00 Balance Training w/Zy (FC)</div> <div>11:00 Balance and Strength for Walker Users (FC)</div> <div>2:00 FC Scavenger Hunt Celebration (CS)</div> <div>2:30 Men's Group w/Carl (Francy's)</div>		<div>31</div> <div>8:00 Trip: Tamarack Beach walk w/Zy</div> <div>9:00 Stretch & Strengthen w/Ann (FC)</div> <div>10:00 Trip: Shopping at Las Posas San Marcos</div> <div>10:00 Bangles & Beads (R)</div> <div>10:00 Circuit Cardio & Strength w/Zy (FC)</div> <div>10:30 Time in the Library w/Marsha (LI)</div> <div>11:00 Sit N Be Fit w/Ann (FC)</div> <div>1:00 Mah Jongg (TR)</div> <div>3:30 Happy Hour: Jocelyn Santos (Francy's)</div> <div>6:30 Evening Movie (TH)</div>		<div></div> <div>We thank our contributors for making these programs possible:</div> <div>The Haimsohn Family Holiday Program</div> <div>Irwin & Joan Jacobs Cultural Program</div> <div>Irwin & Joan Jacobs Transportation Program</div> <div>The Galinson Family Rehabilitative Therapy Program</div> <div>The Merrill & Robert Haimsohn Alzheimer's Program</div> <div>Lipinsky Family Foundation Nursing Program</div> <div>The A. Wexler, R. Simon & E. Addleson Family Assisted Living Program</div> <div>The Sima & Joseph Oppenheimer Religious and</div>					

DAVS= Dave & Annette's Village Square**

ALLO= Assisted Living Lounge

CL=Computer Lab

CS= Chodorow Synagogue

DR= Dining Room

FC = Fitness Center

FP = Fireside Patio

GHC= Goldberg Health

GR = Game Room

Room Codes

LI= Library (Building A)

LR = Living Room

TVLO= TV Lounge*

MR = Meeting Room

R= Recreation Room*

SR= Sunroom

TH =Theater

TR= Tasting Room*

Buildings

(A) Independent Living

(B) Healthcare Center

(C) Administration

(D) Assisted Living

(E) Memory Care

** Non Kosher except for tables directly outside Mel's Café

* Non Kosher

Important Contacts

Katie Park - Building & Life Enrichment Director 760-516-2025

Susan Webb - Life Enrichment Specialist 760-632-3704

Kelly Patton - Life Enrichment Assistant 760-632-3729

Elizabeth Bejarano - Resident Services Coordinator 760-632-3717

Zy Dewey - Fitness Center Coordinator 760-632-3739

Sheryl Seltser - Volunteer Liaison 760-632-3718

Rabbi Yaffa-Shira - Director of Spiritual Life 760-942-2950

Front Desk Reception - 760-632-0081

Room Tray Line - 760-516-2009

Seacrest at Home - 760-632-3715

Color Key

Trips (Drives, Tours, & Shopping Loops)

Religious Programming

Special Programming

Webinar Programming

Hair Salon Open Thursdays Except Holidays

To make an appointment, please come to the salon and write your name in the appointment book.

Transportation Key & Resources

Shopping Loops

Shopping loops usually take place on Wednesdays and will drop you off at the following locations and pick you up 1 hour later

Walmart

Target

Stater Bros

Ross

Best Buy

CVS– Encinitas Blvd.

Smart & Final

Best Nails (Smart & Final plaza)

Walgreen's *upon request

Fed Ex Office

Trader Joes

Ralphs

Happiness Nails (next to Ralphs)

US Bank

Chase Bank

Dollar Tree

TJ Maxx

Sprouts

Nail Studio (near Chick Fil A)

Best Buy

T-Mobile

Barnes & Noble

Ultra Beauty Supply

Famous Footwear

Bank of America (Encinitas Blvd) *upon request

Medicals

Medicals must be scheduled on Mondays, Wednesdays, and Fridays. Please fill out a medical transportation request form at the Resident Services Desk in Building A Lobby. Plan your appointments weeks in advance. Appointment locations must be within a 10 mile radius of Seacrest. Please call Resident Services for any transportation questions. Thank You.

July 2025- Life Enrichment Newsletter

HAPPY BIRTHDAY!

7/3 Barbara G. A-233

7/11 Ruth S. A-109

7/14 Lee W. A-104

7/11 Bill R. A-137

7/21 Murray R. A-205

7/22 Stuart S. A-212

7/25 Royce W. F-173

7/26 Anne B. A-238

7/28 Stephanie S. F-279

SCAVENGER HUNT CELEBRATION

Don't Miss the Seacrest Scavenger Hunt Kickoff July 1st Ending Celebration July 30th 1pm Synagogue

Welcome

Peter & Marion S. F-182

Ann G. A-141

Mila S. A-277

Judith N. & George L. F-174

Lyn D. A-217

Entertainment

Happy Hour is every Thursday from 3:30pm to 4:30pm in Francy's our Beautiful Dining Room Lounge

July 3: NEW Daniel Newheiser

July 10: Carlos Velasco

July 17: Vincent Young

July 24: Hawaiian Musician

July 31: Jocelyn Santos

All Campus Concerts & Events:

Friday July 4th

10am All Campus Concert w/The Sussmans (CS)

11am 4th of July Parade (DAVS)

12:00pm BBQ w/Music by Blue Zone (DAVS)

Friday, July 11 10:30am (CS)

Salsa Dance Demonstration & Exhibition w/Hernan and his dance Partner.

Sunday, July 20 10:30am (CS)

Ranger Jack Concert & Puppet Show (Charlie Morris' Son)

Thursday, July 24 3:30pm

Special Hawaiian Happy Hour

Featuring: Bruddah Vince

Wear your Aloha Attire!

Program Highlights

Dollar Bingo:

Mon. July 14 6:30pm BINGO w/Wayne & Linda (CS)

Mon. July 28 6:30pm BINGO w/Wayne & Linda (CS)

Poker:

Mon. July 21 6:30pm Poker w/Jeff Stoff (TR)

Trips: (previous sign up required)

Wednesdays weekly 9am, 11am, 1pm, 3pm Shopping Loops

Thursdays weekly 8:00am Tamarack Beach Walk w/Zy

Tues. July 1 1:00pm Mt Soledad lookout

Thurs. July 3 10:00am French Pastry @ Isabelle Briens Bakery

Tues. July 8 1:00pm Shopping at JC Penney

Thurs. July 10 9:15am Salk Institute

Tues. July 15 1:00pm Museum of Making Music

Thurs. July 17 9:30am Garden State Bagels

Fri. July 18 11:30am Walk to CVS w/ride back to Seacrest

Tues. July 22 9:45am Coronado Ferry and Lunch

Thurs. July 24 10:00am Shopping at Costco

Sun. July 27 12:45pm North Coast Rep Theatre

Tues. July 29 11:45am Lunch at Hernandez Hideaway

Thurs. July 31 10:00am Shopping at Las Posas (San Marcos)

Discussion Groups:

Tues July 8 3:30pm What's on Your Mind w/Larry (TH) sign up required

Thurs July 17 2:00pm Let's Schmooze w/Dina (TH)

Tues July 22 3:30pm What's on Your Mind w/Larry (TH) sign up required

Tues July 29 2:30pm Heart to Heart w/Carl (Francy's)

Wed July 30 2:30pm Men's Group (Francy's)

Clubs:

Knitting Club Mondays 1:00pm (TR)

NEW Yiddish Club Tuesday July 8 and 22 (TH)

Book Club Monday, July 14 11am (TH)

Bridge Club Wednesday, July 9 and 23 1:15pm (TR)

Technology Help:

Monday July 21, 28 10:30am w/Barry (CL)

Friday July 11 & July 18 3:15pm w/Steve (CL)

Monday, July 28 iPhone & iPad Tutoring w/Kate (CL)

★ For more detailed Fitness Center information please see the monthly Fitness Center Calendar