

July 2009

Sartory Senior Center---10150 NW 29 St (in Mullins Park) Coral Springs, FL 33065

Directions: Coral Springs Dr. to 29th St. Go east.

Enter Mullins Park on the south side of street. Turn left at stop. East of Pool

954-345-2209

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Chair Yoga 2:30-3:30pm 8:15-9:15 am *** Tai Ch/Qi Gong see special events	2 8:00am Tai Chi 9:30-Functional Fit 10-Functional Fitness 11am- Senior Stretch 11am-Crochet Class 12-1-Stitch for Charity 2:15-3:15-gentle yoga	3 8:00am ***Qi Gong see special events 10:30-11:30 Chair yoga	4 9:30 Arts & Crafts
6 Senior Discussion Group- 10:30-11:30am Dance 10:30-11 11-11:30	7 8:00am Tai Chi 9:30-noon-Bridge 9:30-Functional Fit 10-Functional Fitness 10:30-Tonerize 2:15-3:15-gentle yoga	8 Chair Yoga 2:30-3:30pm 8:15-9:15 am *** Tai Ch/Qi Gong see special events	9 8:00am Tai Chi 9:30-Functional Fit 10-Functional Fitness 11am- Senior Stretch 11am-Crochet Class 12-1-Stitch for Charity 2:15-3:15-gentle yoga	10 8:00am ***Qi Gong see special events 10:30-11:30 Chair yoga	11 9:30 Arts & Crafts
13 Senior Discussion Group- 10:30-11:30am Dance 10:30-11 11-11:30	14 8:00am Tai Chi 9:30-noon-Bridge 9:30-Functional Fit 10-Functional Fitness 10:30-Tonerize 2:15-3:15-gentle yoga	15 Salt-11am Chair Yoga 2:30-3:30pm	16 8:00am Tai Chi 9:30-Functional Fit 10-Functional Fitness 11am- Senior Stretch 11am-Crochet Class 12-1-Stitch for Charity 2:15-3:15-gentle yoga	17 8:00am ***Qi Gong see special events 10:30-11:30 Chair yoga	18 9:30 Arts & Crafts
20 Senior Discussion Group- 10:30-11:30am Dance 10:30-11 11-11:30	21 8:00am Tai Chi 9:30-noon-Bridge 9:30-Functional Fit 10-Functional Fitness 10:30-Tonerize 2:15-3:15-gentle yoga	22 Chair Yoga 2:30-3:30pm 8:15-9:15 am *** Tai Ch/Qi Gong see special events	23 8:00am Tai Chi 9:30-Functional Fit 10-Functional Fitness 11am- Senior Stretch 11am-Crochet Class 12-1-Stitch for Charity 2:15-3:15-gentle yoga	24 8:00am ***Qi Gong see special events 10:30-11:30 Chair yoga	25 9:30 Arts & Crafts
27 Senior Discussion Group- 10:30-11:30am Dance 10:30-11 11-11:30	28 8:00am Tai Chi 9:30-noon-Bridge 9:30-Functional Fit 10-Functional Fitness 10:30-Tonerize 2:15-3:15-gentle yoga	29 Chair Yoga 2:30-3:30pm 8:15-9:15 am *** Tai Ch/Qi Gong see special events	30 8:00am Tai Chi 9:30-Functional Fit 10-Functional Fitness 11am- Senior Stretch 11am-Crochet Class 12-1-Stitch for Charity 2:15-3:15-gentle yoga	31 8:00am ***Qi Gong see special events 10:30-11:30 Chair yoga	Classes are for Coral Springs Residents 55 and up Please visit us at coralsprings.org