




MON	TUE	WED	THUR	FRI
<p>2</p> <p>10:00 Headlines over Coffee 10:30 ...ROCKETS RED GLARE: The Illuminating History of Fireworks 11:15 Strength Training with Sharon 12:15 Lunch Time 1:30 Zumba Gold with Carol 2:15 'FIREWORKS' Guggenheim</p>	<p>3</p> <p>10:00 Science Times 10:30 1776: Our Founding Fathers and the Fight for Independence 11:15 Meditation with Judy 12:15 Lunch Time 1:15 Painting with Liz 2:15 'PARADE' Category Brain Game</p>	<p>4</p> <p>CLOSED FOR THE HOLIDAYS</p>  <p>Happy Independence Day</p>	<p>5</p> <p>10:00 World News 10:30 SWEET SUCCESS: Waffle Cones and the World's Fair 11:15 Strength Training with Sharon 12:15 Lunch Time 1:15 SUNDAE SOCIAL: Ice Cream Food Jingo & Dessert Round Robin</p>	<p>6</p> <p>10:00 Events over Coffee 10:30 THE GOLDEN VOICES: The Joyous Sounds of our Senior Choral Group 11:15 Yoga with Isabel 12:15 Lunch Time 1:30 The Wonderful CONTINENTALS</p>
<p>9</p> <p>10:00 Coffee and Conversation 10:30 CELESTIAL RAYS: Sun, Shadows & Time Telling 11:15 Strength Training with Sharon 12:15 Lunch Time 1:30 SUMMER CAMP SOCIAL: Crafts, Skits & Sing-Alongs</p>	<p>10</p> <p>10:00 Science Times 10:30 TOY STORY: The History Behind Our Beloved Playthings 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:30 RICK'S REELS: Toy Advertising From Yesteryear</p>	<p>11</p> <p>10:00 Headlines over Coffee 10:30 IT'S THE REAL THING: John Pemberton & the Invention of Coke 11:15 Tai Chi with Maria 12:15 Lunch Time 1:15 Slogan Brain Teasers 1:45 The Sweet SOUNDS OF JOY</p>	<p>12</p> <p>10:00 World Events 10:30 METAMORPHOSIS: The Incredible Journey of the Butterfly 11:15 Strength Training with Sharon 12:15 Lunch Time 1:30 Steve Fratello's Lepidopterology Lecture & Comprehensive Collection</p>	<p>13</p> <p>10:00 Cozy Coffee Time 10:30 LUCKY OR UNLUCKY 13?: The Origins of TRISKAIDEKAPHOBIA 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:30 The Wonderful CONTINENTALS</p>
<p>16</p> <p>10:00 Coffee and a Snack 10:30 SHE SELLS, SEA SHELLS...: The Wonderful World of Conchology 11:15 Strength Training with Sharon 12:15 Lunch Time 1:30 TRIP: A Stroll Along Bayville Beach</p>	<p>17</p> <p>10:00 Science Times 10:30 FOR YOUR EYES ONLY: The Fascinating Science of Iridology 11:15 Meditation with Judy 12:15 Lunch Time 1:15 Painting with Liz 2:15 'HETEROCHROMIA' Word Challenge</p>	<p>18</p> <p>Celebrating Culinarian's Month</p> <p>10:00 In the News 10:30 COOKING WITH CLARA: Nontraditional Jalapeno Quiche 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time and The Amazing Long Island Jazz Ensemble 2:00 'FOOD' Crossword</p>	<p>19</p> <p>10:00 World News 10:30 'HEIGH HO EVERYBODY': The Story of Rudy Vallee 11:15 Strength Training with Sharon 12:15 Lunch Time 1:30 Karaoke King Tom Nicholls leads us in an Afternoon of Crooning, Cannoli's & Mocktails</p>	<p>20</p> <p>10:00 Headlines over Coffee 10:30 FOND FLASHBACKS: Memories of Date Nights, Perfumes & Aftershaves 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:30 The Wonderful CONTINENTALS</p>
<p>23</p> <p>10:00 Current Events 10:30 HOT DOG: A Gastronomic Story of our Summer Staple 11:15 Strength Training with Sharon 12:15 Lunch Time 1:15 Virtual Vacation: Storytelling, Hot Dogs & a Tour of Coney Island</p>	<p>24</p> <p>10:00 Science Times 10:30 PRICES FROM THE PAST: 'Consumer Comparison' Team Quiz 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time followed by 'RHYTHM BREAK CARES': Grab Your Partners for An Afternoon of Dancing</p>	<p>25</p> <p>CHRISTMAS IN JULY</p> <p>10:00 World Events 10:30 LEON DAY! Were Halfway there! Songs, Wish Lists & Holiday Games 11:15 Tai Chi with Maria 12:15 Lunch Time 1:15 'HOLIDAY' Word Find 1:45 The Sweet SOUNDS OF JOY</p>	<p>26</p> <p>10:00 Coffee Time 10:30 ANIMAL ANTICS: A Visit from the North shore Animal League 11:15 Strength Training with Sharon 12:15 Lunch Time 1:30 Zumba Gold with Carol 2:15 Animal Trivia & Team Challenges</p>	<p>27</p> <p>10:00 Coffee and a Snack! 10:30 MR TELEVISION: The Life & Times of 'Uncle Miltie' 11:15 Yoga with Isabel 12:15 Lunch Time 1:30 The Wonderful CONTINENTALS</p>
<p>30</p> <p>10:00 Headline over Coffee 10:20 TRIP: MAKING MEMORIES WITH MOVIES: Cinematic Reminiscing Program at the Huntington Cinema Arts Center Followed by Lunch and Activities in the Cafe</p>	<p>31</p> <p>10:00 Science Times 10:30 OVER THE MOON: The Legacy of Neil Armstrong & Edwin 'Buzz' AldrIn 11:15 Stronger Seniors Chair Exercise 12:15 Lunch Time 1:30 SUMMER CAMP SOCIAL: Crafts, Skits & Sing-Alongs</p>		<p>HAPPY BIRTHDAY TO</p> <p>JOE 11 IRENE 15 FRANK M 21</p> 	<p>ACTIVITIES MAY NEED TO CHANGE DUE TO UNFORESEEN CIRCUMSTANCES</p> <p>CAREGIVERS SUPPORT GROUP JULY 31 1:30 AT THE GLEN COVE SENIOR CENTER</p>