

Monday	Tuesday	Wednesday	Thursday	Friday
5/6/2019	5/7/2019	5/8/2019	5/9/2019	5/10/2019
8:15am-9:15am Fl020 - Zumba Gold	8:15am-9:15am FI021 - Fusion Fitness		9am-12pm WG010 - Chicago Four-Deal Bridge	8:30am-9:30am Fl003 - Fusion Fitness
9am-10am FI001 - Low Impact	9:30am-10:30am EL048 - Beginning Memoir Writing	-	9:30am-2:30pm AD119 - Watercolor Problem Solving	9am-12pm WG011 - Duplicate Style Bridge
9am-11am LE241 - Pine Needle Baskets	9:30am-11am HS236 - George Washington A	9:30am-11:30am HS037 - Einstein	9:30am-11am HS406 - George Washington B	9:30am-2:30pm AD119 - Watercolor Problem Solving
9:30am-10:30am HW239 - Relax and Meditate	10am-11am AD021 - Tap Dancing		9:30am-11am IA999 - Orientation for New Members	10am-10:45am AD031 - Beginner Ballroom
10am-10:45am FI004 - Sit and Be Fit	11am-12:30pm AD170 - Wind Ensemble	9:40am-10:40am FI017 - Wednesday Fun Fitness	9:30am-11:30am WG009 - Mah Jongg	10am-12pm WG007 - Hand and Foot and Triple Play
10:30am-11:30am FI028 - Gentle Yoga A	11am-1pm WG013 - Spades	10am-12pm LE122 - Stamp Set Card Making A	10am-11am HW313 - Pain Management	11am-12pm AD198 - Ballroom Practice
11:30am-12:30pm AD163 - Japanese Taiko Drumming	11:30am-12:30pm AD058 - Line Dance Practice	10:30am-12:30pm LS077 - Workshop for Instructors	10:30am-11:30am AD075 - In-Step Line Dance	12pm-1pm LA001 - Beginning French
11:30am-12:30pm AD182 - Learn about Ventriloquism	11:30am-1pm HS087 - Global Cultural Geography	10:45am-11:30am FI018 - Sit and Be Fit	11:30am-12:15pm FI005 - Sit and Be Fit	12:30pm-1:15pm FI016 - Continuing Tai Chi
12pm-3:30pm WG003 - Rubber Bridge	1pm-3pm WG001 - Social Bingo	11am-12:30pm LA003 - Beginning Sign Language	12pm-1:30pm AD141 - Lifelong Musicians	1pm-3pm WG002 - Social Bingo
12:30pm-1:15pm Fl027 - Beginning Tai Chi (Part 2)	1:30pm-3:30pm AD161 - Colored Pencil Open Workshop	11:45am-12:30pm Fl014 - Beginning Tai Chi (Part 1)	12pm-1pm FI010 - Chair Yoga	1:15pm-2:15pm LA002 - Intermediate French
1pm-3pm WG004 - Cards and Games	1:30pm-3pm EL009 - Continuing Memoir Writing	12pm-1:30pm HS337 - Anthropology Discussion A	12:30pm-1:30pm IA997 - Q&A for Current Members	2:15pm-3:15pm LA009 - Advanced French
1:15pm-4pm EL022 - Films with Spence and Kate	1:30pm-2:30pm Fl006 - Chair Yoga	12pm-1:30pm HW251 - Alzheimer's Disease	1pm-2:30pm AD015 - Advanced Readers Theater	
1:30pm-3pm LA015 - Conversational German	2:45pm-3:45pm Fl009 - Gentle Yoga	1pm-2pm FI022 - Chair Yoga	1:15pm-2:15pm Fl007 - Gentle Yoga A	
1:30pm-3:30pm LE178 - Genealogical Problem Solving		1pm-3pm WG006 - Cards and Games	1:15pm-2:15pm Fl026 - Gentle Yoga B	
1:45pm-2:45pm FI008 - Gentle Yoga B		1:30pm-3:30pm LE032 - Knitting Circle	2pm-3:30pm AD186 - The Works of Raphael	
		2:30pm-3:30pm FI015 - Pilates	2pm-3:30pm PR002 - Bible Discussion	
			2:45pm-4pm AD105 - Funtastics Choral Group	



Monday	Tuesday	Wednesday	Thursday	Friday
5/13/2019	5/14/2019	5/15/2019	5/16/2019	5/17/2019
8:15am-9:15am FI020 - Zumba Gold	8:15am-9:15am FI021 - Fusion Fitness	9am-11am AD080 - Woodcarving	9am-12pm WG010 - Chicago Four-Deal Bridge	8:30am-9:30am FI003 - Fusion Fitness
9am-10am Fl001 - Low Impact	9am-10:30am EF012 - Death and Taxes	9am-10am FI002 - Low Impact	9:30am-11am CO084 - All About Gmail A	9am-12pm WG011 - Duplicate Style Bridge
9am-11am LE241 - Pine Needle Baskets	9:30am-10:30am EL048 - Beginning Memoir Writing	9:30am-11:30am HS037 - Einstein	9:30am-11am HS406 - George Washington B	9:30am-11am CO060 - Android Basics A
9am-11am LS084 - Discover Your Life's Purpose	9:30am-11am HS236 - George Washington A	9:40am-10:40am FI017 - Wednesday Fun Fitness	9:30am-11:30am WG009 - Mah Jongg	10am-10:45am AD031 - Beginner Ballroom
9:30am-10:30am HW239 - Relax and Meditate	10am-11am AD021 - Tap Dancing	10:30am-11:30am HS364 - American Civil War Times	10:30am-11:30am AD075 - In-Step Line Dance	10am-12pm WG007 - Hand and Foot and Triple Play
10am-10:45am FI004 - Sit and Be Fit	10am-12pm LE130 - Make-n-Take Card Making A	10:45am-11:30am FI018 - Sit and Be Fit	10:30am-11:30am LE243 - Ice Flowers	10am-11am HW314 - Neck Pain
10:30am-11:30am Fl028 - Gentle Yoga A	11am-12:30pm AD170 - Wind Ensemble	11am-12:30pm LA003 - Beginning Sign Language	11:30am-12:15pm Fl005 - Sit and Be Fit	10am-11:30am SE134 - Eden Woods Moss Garden Tour
10:30am-12:30pm LS036 - De-clutter and Downsize	11am-12:30pm LS106 - CIS of Chesterfield	11am-12pm LA011 - Intermediate Italian	12pm-1:30pm AD141 - Lifelong Musicians	11am-12pm AD198 - Ballroom Practice
11am-12pm AD181 - Flute Playing Revisited	11am-1pm WG013 - Spades	11:45am-12:30pm Fl014 - Beginning Tai Chi (Part 1)	12pm-1pm Fl010 - Chair Yoga	12pm-1pm LA001 - Beginning French
11:30am-12:30pm AD163 - Japanese Taiko Drumming	11:30am-12:30pm AD058 - Line Dance Practice	12pm-1:30pm HW251 - Alzheimer's Disease	12pm-1pm HW302 - Understanding Grief	12:30pm-2:30pm AD167 - Open Oil Painting
<u> </u>	11:30am-1pm HS087 - Global Cultural Geography	12:30pm-2pm EL052 - Connect With Books	1pm-2:30pm AD015 - Advanced Readers Theater	12:30pm-1:15pm Fl016 - Continuing Tai Chi
12pm-3:30pm WG003 - Rubber Bridge	1pm-3pm WG001 - Social Bingo	1pm-2:30pm AD003 - Hospice Crafts	1:15pm-2:15pm FI007 - Gentle Yoga A	1pm-3pm EL015 - Aspiring Writer's Critique
12:30pm-1:15pm Fl027 - Beginning Tai Chi (Part 2)	1:30pm-3:30pm AD161 - Colored Pencil Open Workshop	1pm-2pm FI022 - Chair Yoga	1:15pm-2:15pm FI026 - Gentle Yoga B	1pm-3:30pm EL021 - PBS Foyle's War
1pm-3pm WG004 - Cards and Games	<u>'</u>	1pm-3pm WG006 - Cards and Games	2pm-3:30pm AD186 - The Works of Raphael	1pm-3pm WG002 - Social Bingo
1:15pm-4pm EL022 - Films with Spence and Kate	1:30pm-3pm EL014 - Great Books		2pm-3:30pm CO127 - Mathematical Card Magic	1:15pm-2:15pm LA002 - Intermediate French
1:30pm-3pm LA015 - Conversational German	1:30pm-2:30pm Fl006 - Chair Yoga	1:30pm-3:30pm LE032 - Knitting Circle	2pm-3:30pm PR002 - Bible Discussion	1:30pm-3pm CO046 - iPad Basics
1:30pm-3:30pm LE178 -	2:30pm-3:30pm HW318 - Food for	2pm-3pm HW134 - Posture and	2:45pm-4pm AD105 - Funtastics Choral	2:15pm-3:15pm LA009 - Advanced
Genealogical Problem Solving	the Brain	Discomfort	Group	French
1:45pm-2:45pm FI008 - Gentle Yoga B	2:45pm-3:45pm Fl009 - Gentle Yoga	2:30pm-3:30pm FI015 - Pilates		



Monday	Tuesday	Wednesday	Thursday	Friday
5/20/2019	5/21/2019	5/22/2019	5/23/2019	5/24/2019
8:15am-9:15am Fl020 - Zumba Gold	8:15am-9:15am Fl021 - Fusion Fitness	J	8:30am-9:30am Breakfast Out (Route 60 Grill 11001 Midlothian Turnpike	8:30am-9:30am Fl003 - Fusion Fitness
9am-10am Fl001 - Low Impact	9:30am-10:30am EL048 - Beginning Memoir Writing	9am-10am FI002 - Low Impact	9am-10am HW315 - Leaky Bladder and More	9am-12pm WG011 - Duplicate Style Bridge
9am-11am LE241 - Pine Needle Baskets	9:30am-11am HS236 - George Washington A		9am-12pm WG010 - Chicago Four-Deal Bridge	9:30am-11am CO060 - Android Basics A
9am-11am LS084 - Discover Your Life's Purpose	10am-11am AD021 - Tap Dancing	9:30am-10:30am LE197 - Brain Aerobics	9:30am-11am HS406 - George Washington B	10am-10:45am AD031 - Beginner Ballroom
9:30am-10:30am HW239 - Relax and Meditate	10am-11:30am CO130 - Native American Plants	9:40am-10:40am FI017 - Wednesday Fun Fitness	9:30am-11:30am WG009 - Mah Jongg	10am-12pm WG007 - Hand and Foot and Triple Play
10am-10:45am FI004 - Sit and Be Fit	10am-11:30am EF116 - Home Seller Seminar	10:30am-11:30am HS258 - Flying Squirrels	10am-11am HW316 - Safe Driving	10:30am-12:30pm SE088 - Flying Squirrels Tour
10:30am-11:30am FI028 - Gentle Yoga A	11am-12:30pm AD170 - Wind Ensemble	10:45am-11:30am FI018 - Sit and Be Fit	10:30am-11:30am AD075 - In-Step Line Dance	11am-12pm AD198 - Ballroom Practice
10:30am-12pm LS097 - Senior Living Options	11am-1pm WG013 - Spades	11am-12:30pm LA003 - Beginning Sign Language	10:30am-11:30am LE243 - Ice Flowers	12pm-1pm LA001 - Beginning French
11am-12pm AD181 - Flute Playing Revisited	11:30am-12:30pm AD058 - Line Dance Practice	11am-12pm LA011 - Intermediate Italian	11:30am-12:15pm Fl005 - Sit and Be Fit	12:30pm-2:30pm AD167 - Open Oil Painting
11:30am-12:30pm AD163 - Japanese Taiko Drumming	11:30am-1pm IA005 - May Luncheon	11:30am-1pm PR003 - Socrates Café	12pm-1:30pm AD141 - Lifelong Musicians	12:30pm-1:15pm FI016 - Continuing Tai Chi
11:30am-12:30pm AD182 - Learn about Ventriloquism	12:30pm-2pm EF130 - County Taxes and Tax Relief	11:45am-12:30pm Fl014 - Beginning Tai Chi (Part 1)	12pm-1pm Fl010 - Chair Yoga	1pm-3pm WG002 - Social Bingo
12pm-3:30pm WG003 - Rubber Bridge	1pm-2pm HS409 - The Islands of Ireland	12pm-1:30pm HW251 - Alzheimer's Disease	1pm-2:30pm AD015 - Advanced Readers Theater	1pm-3:45pm EL074 - The French Apartment
12:30pm-1:15pm FI027 - Beginning Tai Chi (Part 2)	1pm-3pm WG001 - Social Bingo	12:30pm-2pm HS003 - Current Events	1:15pm-2:15pm FI007 - Gentle Yoga A	1:15pm-2:15pm LA002 - Intermediate French
12:30pm-2pm LS133 - Reignite Your Life!	1:30pm-3pm EL009 - Continuing Memoir Writing	1pm-2pm FI022 - Chair Yoga	1:15pm-2:15pm FI026 - Gentle Yoga B	1:30pm-3pm CO046 - iPad Basics
1pm-3pm WG004 - Cards and Games		1pm-3pm WG006 - Cards and Games	2pm-3:30pm AD186 - The Works of Raphael	2:15pm-3:15pm LA009 - Advanced French
1:15pm-4pm EL022 - Films with	1:30pm-3pm HS089 - Great Decisions	1pm-3:30pm SE126 - Agecroft Hall and Gardens Tour	2pm-3:30pm CO127 - Mathematical Card	
Spence and Kate 1:30pm-3pm LA015 - Conversational	2:30pm-3:30pm HW318 - Food for	1:30pm-3pm HS338 - Anthropology	Magic 2pm-3:30pm PR002 - Bible Discussion	
German 1:30pm-3:30pm LE178 - Genealogical Problem Solving	the Brain 2:45pm-3:45pm Fl009 - Gentle Yoga		2:45pm-4pm AD105 - Funtastics Choral Group	
1:45pm-2:45pm Fl008 - Gentle Yoga		2pm-3:30pm EL075 - Self-Publishing Your Book	Стоир	
2:30pm-3:30pm EL076 - Your Storied Life		2:15pm-3:45pm HS004 - Current Events		
3:30pm-5pm Board Meeting		2:30pm-3:30pm FI015 - Pilates		



Monday	Tuesday	Wednesday	Thursday	Friday
5/27/2019	5/28/2019	5/29/2019	5/30/2019	5/31/2019
LLI Closed	8:15am-9:15am FI021 - Fusion Fitness	9am-11am AD080 - Woodcarving	9am-12pm WG010 - Chicago Four-Deal Bridge	8:30am-9:30am Fl003 - Fusion Fitness
	9am-10:30am AD165 - The Works of Michelangelo	9am-10am Fl002 - Low Impact	9:30am-11am AD192 - Senior Storytelling Slams	9am-12pm WG011 - Duplicate Style Bridge
	9am-10:30am HS395 - Audubon's America A	9am-10:30am LS050 - Emergency Preparedness	9:30am-11am HS406 - George Washington B	10am-10:45am AD031 - Beginner Ballroom
	9:30am-10:30am EL048 - Beginning Memoir Writing	9:30am-11:30am HS037 - Einstein	9:30am-11:30am WG009 - Mah Jongg	10am-12pm WG007 - Hand and Foot and Triple Play
	9:30am-11am HS236 - George Washington A	9:40am-10:40am FI017 - Wednesday Fun Fitness	10am-12pm LS138 - Alzheimer's Educators	10am-11:30am HS002 - Anthropology
	10am-11am AD021 - Tap Dancing	10:30am-12pm AD184 - The Hammered Dulcimer	10:30am-11:30am AD075 - In-Step Line Dance	11am-12pm AD198 - Ballroom Practice
MEMORIAL DAY	11am-12:30pm AD170 - Wind Ensemble	10:45am-11:30am FI018 - Sit and Be Fit	11:30am-12:15pm Fl005 - Sit and Be Fit	12pm-1pm LA001 - Beginning French
UL.	11am-1pm WG013 - Spades	11am-12:30pm LA003 - Beginning Sign Language	12pm-1:30pm AD141 - Lifelong Musicians	12:30pm-2:30pm AD167 - Open Oil Painting
	11:30am-12:30pm AD058 - Line Dance Practice	11am-12pm LA011 - Intermediate Italian	12pm-1pm Fl010 - Chair Yoga	12:30pm-1:15pm FI016 - Continuing Tai Chi
	12pm-12:30pm IA100 - Birthday Celebration	11:45am-12:30pm FI014 - Beginning Tai Chi (Part 1)	1pm-2:30pm AD015 - Advanced Readers Theater	1pm-3pm EL015 - Aspiring Writer's Critique
	1pm-2pm HS409 - The Islands of Ireland	12pm-1:30pm HW251 - Alzheimer's Disease	1:15pm-2:15pm FI007 - Gentle Yoga A	1pm-3:30pm EL021 - PBS Foyle's War
	1pm-3pm WG001 - Social Bingo	1pm-2pm Fl022 - Chair Yoga	1:15pm-2:15pm FI026 - Gentle Yoga B	1pm-3pm WG002 - Social Bingo
	1:30pm-3pm EL009 - Continuing Memoir Writing	1pm-3pm WG006 - Cards and Games	1:30pm-3pm HW321 - Intro to Reiki	1:15pm-2:15pm LA002 - Intermediate French
	1:30pm-3pm EL014 - Great Books	1:30pm-3:30pm LE032 - Knitting Circle	2pm-3:30pm AD186 - The Works of Raphael	1:30pm-3pm CO046 - iPad Basics
	1:30pm-2:30pm Fl006 - Chair Yoga	2pm-3:30pm EL075 - Self-Publishing Your Book	2pm-3:30pm CO127 - Mathematical Card Magic	2:15pm-3:15pm LA009 - Advanced French
	2:45pm-3:45pm Fl009 - Gentle Yoga	2:30pm-3:30pm FI015 - Pilates	2pm-3:30pm PR002 - Bible Discussion	
			2:45pm-4pm AD105 - Funtastics Choral Group	



Monday	Tuesday	Wednesday	Thursday	Friday
6/3/2019	6/4/2019	6/5/2019	6/6/2019	6/7/2019
		Safety Week at LLI		
8:15am-9:15am Fl020 - Zumba Gold	8:15am-9:15am Fl021 - Fusion Fitness	9am-11am AD080 - Woodcarving	9am-12pm WG010 - Chicago Four-Deal Bridge	7:30am-7pm SE135 - View of DC and Museum
9am-10am FI001 - Low Impact	9am-10:30am AD165 - The Works of Michelangelo	9am-10:30am EF131 - Basics of Economics	9:30am-11am CO089 - All About Gmail B	8:30am-9:30am Fl003 - Fusion Fitness
9am-11am LE241 - Pine Needle Baskets	9am-10:30am HS395 - Audubon's America A	9am-10am FI002 - Low Impact	9:30am-11am HS406 - George Washington B	9am-12pm WG011 - Duplicate Style Bridge
9:30am-11am AD146 - Poe and Surrealism	9:30am-10:30am EL048 - Beginning Memoir Writing	9:30am-11:30am HS037 - Einstein	9:30am-11:30am WG009 - Mah Jongg	10am-10:45am AD031 - Beginner Ballroom
9:30am-10:30am HW239 - Relax and Meditate	9:30am-11am HS236 - George Washington A	9:30am-10:30am LE197 - Brain Aerobics	10am-12pm HW286 - Stop the Bleed	10am-12pm WG007 - Hand and Foot and Triple Play
10am-10:45am Fl004 - Sit and Be Fit	10am-11am AD021 - Tap Dancing	9:40am-10:40am FI017 - Wednesday Fun Fitness	10:30am-11:30am AD075 - In-Step Line Dance	11am-12pm AD198 - Ballroom Practice
10:30am-11:30am Fl028 - Gentle Yoga A	11am-12:30pm AD170 - Wind Ensemble	10:30am-11:30am HS403 - The American Civil War Museum	11:30am-12:15pm Fl005 - Sit and Be Fit	12pm-1pm LA001 - Beginning French
11am-12pm AD181 - Flute Playing Revisited	11am-12pm AD206 - Perkinson Center for the Arts	10:45am-11:30am FI018 - Sit and Be Fit	12pm-1:30pm AD141 - Lifelong Musicians	12:30pm-1:15pm FI016 - Continuing Tai Chi
11:30am-12:30pm AD163 - Japanese Taiko Drumming	11am-1pm WG013 - Spades	11am-12:30pm LA003 - Beginning Sign Language	12pm-1pm FI010 - Chair Yoga	1pm-3pm WG002 - Social Bingo
11:30am-12:30pm AD182 - Learn about Ventriloquism	11:30am-12:30pm AD058 - Line Dance Practice	11am-12pm LA011 - Intermediate Italian	12pm-1pm LA021 - Un Poco de Todo	1:15pm-2:15pm LA002 - Intermediate French
11:30am-1pm CO125 - The ABCs of Flight	11:30am-1pm HW180 - Common Foot Problems	11:45am-12:30pm Fl014 - Beginning Tai Chi (Part 1)	1pm-2:30pm AD015 - Advanced Readers Theater	2:15pm-3:15pm LA009 - Advanced French
12pm-3:30pm WG003 - Rubber Bridge	12:30pm-1:30pm LA006 - Beginning Spanish Grammar	,	1:15pm-2:15pm Fl007 - Gentle Yoga A	
12:30pm-1:15pm Fl027 - Beginning Tai Chi (Part 2)	1pm-2pm HS409 - The Islands of Ireland	1pm-3pm WG006 - Cards and Games	1:15pm-2:15pm Fl026 - Gentle Yoga B	
·	1pm-3pm WG001 - Social Bingo		1:30pm-2:30pm LA007 - Intermediate Spanish	
1pm-3pm WG004 - Cards and Games	1pm-3pm EF113 - Medicare 101	1:30pm-2:30pm PR059 - Historical Bible Facts	2pm-3:30pm AD186 - The Works of Raphael	
1:15pm-4pm EL022 - Films with Spence and Kate	1:30pm-3pm EL009 - Continuing Memoir Writing	2pm-3:30pm EL075 - Self-Publishing Your Book	2pm-3:30pm CO127 - Mathematical Card Magic	
1:30pm-3pm LA015 - Conversational German		2:30pm-3:30pm FI015 - Pilates	2pm-3:30pm PR002 - Bible Discussion	
1:30pm-3:30pm LE178 - Genealogical Problem Solving	2pm-3:30pm CO124 - Social Media		2:45pm-4pm AD105 - Funtastics Choral Group	
1:45pm-2:45pm FI008 - Gentle Yoga B	2:45pm-3:45pm FI009 - Gentle Yoga			
2:30pm-3:30pm EL076 - Your Storied Life				



Monday	Tuesday	Wednesday	Thursday	Friday
6/10/2019	6/11/2019	6/12/2019	6/13/2019	6/14/2019
8:15am-9:15am Fl020 - Zumba Gold	8am-4pm Primary Election		9am-12pm WG010 - Chicago Four-Deal Bridge	8:30am-9:30am Fl003 - Fusion Fitness
9am-10am FI001 - Low Impact	8:15am-9:15am FI021 - Fusion Fitness	9am-10:30am EF131 - Basics of Economics	9:30am-11am HS413 - The Progressive Era	9am-12pm WG011 - Duplicate Style Bridge
9am-11am LS085 - Overcoming Loneliness	9am-10:30am AD165 - The Works of Michelangelo	9am-10am FI002 - Low Impact	9:30am-11:30am WG009 - Mah Jongg	10am-10:45am AD031 - Beginner Ballroom
9:30am-11am AD146 - Poe and Surrealism	9am-10:30am HS395 - Audubon's America A	9:30am-11:30am HS037 - Einstein	10am-11am HW153 - Strokes Today	10am-11:30am CO128 - Geology
9:30am-10:30am HW239 - Relax and Meditate		9:40am-10:40am FI017 - Wednesday Fun Fitness	10am-12pm LE123 - Stamp Set Card Making B	10am-12pm WG007 - Hand and Foot and Triple Play
10am-10:45am FI004 - Sit and Be Fit	10am-11am AD021 - Tap Dancing	10:30am-12pm HS360 - Building the Diamond	10:30am-12:30pm AD012 - Advanced Watercolor	10am-12pm LE132 - Stamparatus Tutorial
10am-11am LA022 - Basic Arabic Script	11am-12:30pm AD170 - Wind Ensemble	10:45am-11:30am FI018 - Sit and Be Fit	10:30am-11:30am AD075 - In-Step Line Dance	11am-12pm AD198 - Ballroom Practice
10:30am-11:30am FI028 - Gentle Yoga A	11am-12pm AD206 - Perkinson Center for the Arts	11am-12:30pm LA003 - Beginning Sign Language	11:30am-12:15pm Fl005 - Sit and Be Fit	12pm-1pm LA001 - Beginning French
11am-12pm AD181 - Flute Playing Revisited	11am-1pm WG013 - Spades	11am-12pm LA011 - Intermediate Italian	12pm-1:30pm AD141 - Lifelong Musicians	12:30pm-1:15pm FI016 - Continuing Tai Chi
11:15am-12:45pm HS322 - Adolf Hitler	11:30am-12:30pm AD058 - Line Dance Practice	11:45am-12:30pm Fl014 - Beginning Tai Chi (Part 1)	12pm-1pm Fl010 - Chair Yoga	1pm-3pm EL015 - Aspiring Writer's Critique
11:30am-12:30pm AD182 - Learn about Ventriloquism		12pm-1:30pm HS337 - Anthropology Discussion A	12pm-1pm LA021 - Un Poco de Todo	1pm-3:30pm EL021 - PBS Foyle's War
11:30am-1pm CO125 - The ABCs of Flight	1pm-2pm HS409 - The Islands of Ireland	12:30pm-2pm EL052 - Connect With Books	12:30pm-1:30pm LS137 - SmartWater CSI	1pm-3pm WG002 - Social Bingo
12pm-3:30pm WG003 - Rubber Bridge	1pm-3pm WG001 - Social Bingo	1pm-2pm FI022 - Chair Yoga	1pm-2:30pm AD015 - Advanced Readers Theater	1:15pm-2:15pm LA002 - Intermediate French
12:30pm-1:15pm FI027 - Beginning Tai Chi (Part 2)	1:30pm-3pm EL009 - Continuing Memoir Writing	1pm-3pm WG006 - Cards and Games	1:15pm-2:15pm FI007 - Gentle Yoga A	1:30pm-3pm CO058 - iPhone Basics
12:30pm-2pm LS133 - Reignite Your Life!	1:30pm-3pm EL014 - Great Books	1:30pm-3:30pm LE032 - Knitting Circle	1:15pm-2:15pm Fl026 - Gentle Yoga B	1:30pm-3:30pm LE240 - Stampin' Blends Tutorial
1pm-3pm WG004 - Cards and Games	1:30pm-2:30pm FI006 - Chair Yoga (RC)	1:30pm-2:30pm PR059 - Historical Bible Facts	1:30pm-2:30pm LA007 - Intermediate Spanish	2:15pm-3:15pm LA009 - Advanced French
1:15pm-4pm EL022 - Films with Spence and Kate	2pm-3:30pm CO124 - Social Media	1:30pm-3:30pm SE107 - Historical Henricus Tour	2pm-3:30pm AD111 - Intermediate Watercolor	
1:30pm-3pm LA015 - Conversational German	2:45pm-3:45pm FI009 - Gentle Yoga (RC)	2pm-3:30pm EL075 - Self-Publishing Your Book	2pm-3:30pm AD186 - The Works of Raphael	
1:30pm-3:30pm LE178 - Genealogical Problem Solving	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	2:30pm-3:30pm FI015 - Pilates	2pm-3:30pm PR002 - Bible Discussion	
1:45pm-2:45pm FI008 - Gentle Yoga B		2:30pm-3:30pm HW152 - Pelvic Floor Health	2:45pm-4pm AD105 - Funtastics Choral Group	
2:30pm-3:30pm EL076 - Your Storied Life				



Monday	Tuesday	Wednesday	Thursday	Friday
6/17/2019	6/18/2019	6/19/2019	6/20/2019	6/21/2019
8:15am-9:15am Fl020 - Zumba Gold	8:15am-9:15am FI021 - Fusion Fitness	9am-10am FI002 - Low Impact (RC)	9am-10:30am EF101 - Annuities	8:30am-9:30am Fl003 - Fusion Fitness
9am-10am Fl001 - Low Impact	9am-10:30am AD165 - The Works of Michelangelo	9:30am-10:30am LE197 - Brain Aerobics	9am-12pm WG010 - Chicago Four-Deal Bridge	9am-12pm WG011 - Duplicate Style Bridge
9:30am-11am AD146 - Poe and Surrealism	9am-10:30am HS395 - Audubon's America A	9:40am-10:40am FI017 - Wednesday Fun Fitness	9:30am-11am HS406 - George Washington B	10am-10:45am AD031 - Beginner Ballroom
9:30am-11am CO057 - Intro to the Internet	9:30am-10:30am EL048 - Beginning Memoir Writing	10am-3pm SE133 - World War II Celebration	9:30am-11:30am WG009 - Mah Jongg	10am-11:30am CO128 - Geology
9:30am-10:30am HW239 - Relax and Meditate	9:30am-11am HS236 - George Washington A	10:45am-11:30am FI018 - Sit and Be Fit	10am-11am HW277 - Blood Thinners and Trauma	10am-12pm WG007 - Hand and Foot and Triple Play
10am-10:45am FI004 - Sit and Be Fit	10am-11am AD021 - Tap Dancing	11:45am-12:30pm Fl014 - Beginning Tai Chi (Part 1)	10:30am-12:30pm AD012 - Advanced Watercolor	10am-12pm LE005 - Cool Cooking with Ginny
10am-11am LA022 - Basic Arabic Script	11am-12:30pm AD170 - Wind Ensemble	1pm-2pm FI022 - Chair Yoga	10:30am-11:30am AD075 - In-Step Line Dance	10:30am-12pm LS136 - Less is More
10:30am-11:30am FI028 - Gentle Yoga A	11am-12pm AD206 - Perkinson Center for the Arts	1:30pm-3:30pm LE032 - Knitting Circle	11:30am-12:15pm Fl005 - Sit and Be Fit	11am-12pm AD198 - Ballroom Practice
11am-12pm AD181 - Flute Playing Revisited	11am-1pm WG013 - Spades	2:30pm-3:30pm FI015 - Pilates	12pm-1:30pm AD141 - Lifelong Musicians	12pm-1pm LA001 - Beginning French
11:30am-12:30pm AD182 - Learn about Ventriloquism	11:30am-12:30pm AD058 - Line Dance Practice		12pm-1pm Fl010 - Chair Yoga	12:30pm-1:15pm Fl016 - Continuing Tai Chi
11:30am-1pm CO125 - The ABCs of Flight	11:30am-1pm IA006 - June Luncheon		12pm-1pm LA021 - Un Poco de Todo	1pm-3pm WG002 - Social Bingo
11:30am-12:30pm HW207 - Fire and Fall Prevention	12:30pm-1:30pm LA006 - Beginning Spanish Grammar		1pm-2:30pm AD015 - Advanced Readers Theater	1pm-3pm LE220 - Amazing Clay Beads
12pm-3:30pm WG003 - Rubber Bridge	1pm-2pm HS409 - The Islands of Ireland		1pm-3pm HS381 - Adventures of the Camino	1:15pm-2:15pm LA002 - Intermediate French
12:30pm-1:15pm FI027 - Beginning Tai Chi (Part 2)	1pm-3pm WG001 - Social Bingo		1:15pm-2:15pm Fl007 - Gentle Yoga A	1:30pm-3pm CO058 - iPhone Basics
12:30pm-2pm LS133 - Reignite Your Life!	1:30pm-3pm EL009 - Continuing Memoir Writing		1:15pm-2:15pm Fl026 - Gentle Yoga B	2:15pm-3:15pm LA009 - Advanced French
1pm-3pm WG004 - Cards and Games	1:30pm-2:30pm Fl006 - Chair Yoga		1:30pm-2:30pm LA007 - Intermediate Spanish	
1:15pm-4pm EL022 - Films with Spence and Kate	1:30pm-3pm HS089 - Great Decisions		2pm-3:30pm AD111 - Intermediate Watercolor	
1:30pm-3pm LA015 - Conversational German	2pm-3:30pm CO124 - Social Media		2pm-3:30pm PR002 - Bible Discussion	
1:30pm-3:30pm LE178 - Genealogical Problem Solving	2:45pm-3:45pm FI009 - Gentle Yoga		2:45pm-4pm AD105 - Funtastics Choral Group	
1:45pm-2:45pm Fl008 - Gentle Yoga B 2:30pm-3:30pm Fl 076 - Your Storied				
2:30pm-3:30pm EL076 - Your Storied Life 3:30pm-5pm Board Meeting				



Monday	Tuesday	Wednesday	Thursday	Friday
6/24/2019	6/25/2019	6/26/2019	6/27/2019	6/28/2019
8:15am-9:15am Fl020 - Zumba Gold	8:15am-9:15am Fl021 - Fusion Fitness	9am-11am AD080 - Woodcarving	8:30am-9:30am Breakfast Out (First Watch 1403 W Huguenot Rd Suite A Midlothian	8:30am-9:30am Fl003 - Fusion Fitness
9am-10am Fl001 - Low Impact	9am-10:30am AD165 - The Works of Michelangelo	9am-10:30am EF131 - Basics of Economics	9am-12pm WG010 - Chicago Four-Deal Bridge	9am-2pm SE099 - Pamplin Historical Park Tour
9am-11am LS090 - Ten Life-Changing Habits	9:30am-10:30am EL048 - Beginning Memoir Writing	9am-10am Fl002 - Low Impact	9:30am-11am AD192 - Senior Storytelling Slams	9am-12pm WG011 - Duplicate Style Bridge
9:30am-11am CO057 - Intro to the Internet	9:30am-11am HS236 - George Washington A	9:40am-10:40am FI017 - Wednesday Fun Fitness	9:30am-11am HS406 - George Washington B	10am-10:45am AD031 - Beginner Ballroom
9:30am-10:30am HW239 - Relax and Meditate	10am-11am AD021 - Tap Dancing	10:30am-12pm HS412 - Tinbridge Hill	9:30am-11:30am WG009 - Mah Jongg	10am-11:30am CO128 - Geology
10am-10:45am FI004 - Sit and Be Fit	10am-11am EF117 - Avoiding Identity Theft	10:45am-11:30am FI018 - Sit and Be Fit	10:30am-12:30pm AD012 - Advanced Watercolor	10am-12pm WG007 - Hand and Foot and Triple Play
10am-11am LA022 - Basic Arabic Script	11am-12:30pm AD170 - Wind Ensemble	11am-12:30pm LA003 - Beginning Sign Language	10:30am-11:30am AD075 - In-Step Line Dance	10:30am-11:30am LS109 - The 4-1-1 on 2-1-1 VIRGINIA
10:30am-11:30am FI028 - Gentle Yoga A	11am-12pm AD206 - Perkinson Center for the Arts	11am-12pm LA011 - Intermediate Italian	11:30am-12:15pm Fl005 - Sit and Be Fit	11am-12pm AD198 - Ballroom Practice
11am-12pm AD181 - Flute Playing Revisited	11am-1pm WG013 - Spades	11:30am-1pm PR003 - Socrates Café	12pm-1:30pm AD141 - Lifelong Musicians	12pm-1pm LA001 - Beginning French
11:30am-12:30pm AD182 - Learn about Ventriloquism	11:30am-12:30pm AD058 - Line Dance Practice	11:45am-12:30pm Fl014 - Beginning Tai Chi (Part 1)	12pm-1pm Fl010 - Chair Yoga	12:30pm-1:15pm Fl016 - Continuing Tai Chi
11:30am-1pm CO125 - The ABCs of Flight	12pm-12:30pm IA100 - Birthday Celebration	1pm-2pm FI022 - Chair Yoga	12pm-1pm LA021 - Un Poco de Todo	1pm-3pm EL015 - Aspiring Writer's Critique
12pm-3:30pm WG003 - Rubber Bridge	12:30pm-1:30pm LA006 - Beginning Spanish Grammar	1pm-3pm WG006 - Cards and Games	1pm-2:30pm AD015 - Advanced Readers Theater	1pm-3:30pm EL021 - PBS Foyle's War
12:30pm-1:15pm FI027 - Beginning Tai Chi (Part 2)	1pm-2pm HS409 - The Islands of Ireland	1pm-3pm HW320 - Active Bystanders	1pm-2:30pm HW319 - Intro to Music Therapy	1pm-3pm WG002 - Social Bingo
12:30pm-2pm LS133 - Reignite Your Life!	1pm-3pm WG001 - Social Bingo	1:30pm-3pm HS338 - Anthropology Discussion B	1:15pm-2:15pm Fl007 - Gentle Yoga A	1:15pm-2:15pm LA002 - Intermediate French
1pm-3pm WG004 - Cards and Games	1:30pm-3pm EL009 - Continuing Memoir Writing	1:30pm-3:30pm LE032 - Knitting Circle	1:15pm-2:15pm FI026 - Gentle Yoga B	1:30pm-3pm CO058 - iPhone Basics
1:15pm-4pm EL022 - Films with Spence and Kate	1:30pm-3pm EL014 - Great Books	2pm-3:30pm EL075 - Self-Publishing Your Book	1:30pm-2:30pm LA007 - Intermediate Spanish	2:15pm-3:15pm LA009 - Advanced French
1:30pm-3pm LA015 - Conversational German	1:30pm-2:30pm Fl006 - Chair Yoga	2:30pm-3:30pm FI015 - Pilates	2pm-3:30pm AD111 - Intermediate Watercolor	
1:30pm-3:30pm LE178 - Genealogical Problem Solving	2pm-3:30pm CO124 - Social Media		2pm-3:30pm PR002 - Bible Discussion	
1:45pm-2:45pm Fl008 - Gentle Yoga B	2:45pm-3:45pm Fl009 - Gentle Yoga		2:45pm-4pm AD105 - Funtastics Choral Group	
2:30pm-3:30pm EL076 - Your Storied Life			·	



21 - Fusion 9am- 55 - The Works of 9am- Econ 33 - Personal 9am-	n-11am AD080 - Woodcarving n-10:30am EF131 - Basics of nomics n-10am Fl002 - Low Impact	7/4/2019	7/5/2019
55 - The Works of 9am- Econ 33 - Personal 9am-	n-10:30am EF131 - Basics of nomics		
Econ 33 - Personal 9am-	nomics		
	n-10am FI002 - Low Impact		
170 - Wind 9:30a			
	Dam-10:30am LE197 - Brain		
- Spades 9:40a	obics Dam-10:40am FI017 - Wednesday	D D	45/20
	Fitness 45am-11:30am FI018 - Sit and Be Fit		
	m-12:30pm LA003 - Beginning Sign		
161 - Colored 11am	m-12pm LA011 - Intermediate		
006 - Chair Yoga 11:45	45am-12:30pm Fl014 - Beginning		
	<u> </u>		
009 - Gentle Yoga 1pm-	n-3pm WG006 - Cards and Games		
1:30	Opm-3:30pm LE032 - Knitting Circle		
•	•		
2:30	Opm-3:30pm FI015 - Pilates		
(nop 06 - Chair Yoga Tai 1 - Social Media 1pn 1:30 2pn You	nop Italian 06 - Chair Yoga 11:45am-12:30pm Fl014 - Beginning Tai Chi (Part 1)	nop



Monday	Tuesday	Wednesday	Thursday	Friday
7/8/2019	7/9/2019	7/10/2019	7/11/2019	7/12/2019
8:15am-9:15am FI020 - Zumba Gold	8:15am-9:15am FI021 - Fusion Fitness		9am-12pm WG010 - Chicago Four-Deal Bridge	8:30am-9:30am FI003 - Fusion Fitness
9am-10am Fl001 - Low Impact	9am-12pm SE136 - Pocahontas State Park Tour	9am-10:30am EF131 - Basics of Economics	9:30am-11am HS406 - George Washington B	9am-12pm WG011 - Duplicate Style Bridge
9:30am-10:30am HW239 - Relax and Meditate	9:30am-11am HS236 - George Washington A	9am-10am FI002 - Low Impact	9:30am-11:30am WG009 - Mah Jongg	9:30am-11am HS407 - The UFO in American History A
10am-10:45am FI004 - Sit and Be Fit	9:30am-10:30am HW247 - Railroad Safety	9:30am-11:30am LS111 - Using Feng Shui	10:30am-12:30pm AD012 - Advanced Watercolor	10am-10:45am AD031 - Beginner Ballroom
10am-11am LA022 - Basic Arabic Script	10am-11am AD021 - Tap Dancing	9:40am-10:40am FI017 - Wednesday Fun Fitness	10:30am-11:30am AD075 - In-Step Line Dance	10am-12pm WG007 - Hand and Foot and Triple Play
10:30am-11:30am FI028 - Gentle Yoga A	11am-12:30pm AD170 - Wind Ensemble	10:30am-12pm HS286 - Nazi Millionaires	10:30am-11:30am HW227 - Essential Oils	11am-12pm AD198 - Ballroom Practice
11am-12pm AD181 - Flute Playing Revisited	11am-1pm WG013 - Spades	10:45am-11:30am FI018 - Sit and Be Fit	11:30am-12:15pm FI005 - Sit and Be Fit	11am-12:30pm PR062 - Peter in the Book of Acts
11:30am-12:30pm AD182 - Learn about Ventriloquism	11:30am-12:30pm AD058 - Line Dance Practice	11am-12:30pm LA003 - Beginning Sign Language	12pm-1:30pm AD141 - Lifelong Musicians	12pm-1pm LA001 - Beginning French
12pm-3:30pm WG003 - Rubber Bridge	11:30am-12:30pm LS134 - We Honor Veterans	11am-12pm LA011 - Intermediate Italian	12pm-1pm Fl010 - Chair Yoga	12:30pm-1:15pm FI016 - Continuing Tai Chi
12:30pm-1:15pm FI027 - Beginning Tai Chi (Part 2)	12:30pm-1:30pm LA006 - Beginning Spanish Grammar	11:45am-12:30pm Fl014 - Beginning Tai Chi (Part 1)	12pm-1pm LA021 - Un Poco de Todo	1pm-3pm EL015 - Aspiring Writer's Critique
12:30pm-2pm LS133 - Reignite Your Life!	1pm-3pm WG001 - Social Bingo	12pm-1:30pm HS337 - Anthropology Discussion A	1pm-2:30pm AD015 - Advanced Readers Theater	1pm-3:30pm EL021 - PBS Foyle's War
1pm-3pm WG004 - Cards and Games	1:30pm-3:30pm AD161 - Colored Pencil Open Workshop	1pm-2pm FI022 - Chair Yoga	1:15pm-2:15pm FI007 - Gentle Yoga A	1pm-3pm WG002 - Social Bingo
1:15pm-4pm EL022 - Films with Spence and Kate	1:30pm-3pm EL014 - Great Books	1pm-3pm WG006 - Cards and Games	1:15pm-2:15pm FI026 - Gentle Yoga B	1:15pm-2:15pm LA002 - Intermediate French
1:30pm-3pm LA015 - Conversational German	1:30pm-2:30pm Fl006 - Chair Yoga	1:30pm-3:30pm LE032 - Knitting Circle	1:30pm-2:30pm LA007 - Intermediate Spanish	1:30pm-3pm CO092 - Intermediate iPhone
1:30pm-3:30pm LE178 - Genealogical Problem Solving	2pm-3:30pm CO124 - Social Media	2pm-3:30pm EL075 - Self-Publishing Your Book	2pm-3:30pm AD111 - Intermediate Watercolor	2:15pm-3:15pm LA009 - Advanced French
1:45pm-2:45pm Fl008 - Gentle Yoga B	2:45pm-3:45pm Fl009 - Gentle Yoga	2:30pm-3:30pm FI015 - Pilates	2pm-3:30pm PR002 - Bible Discussion	
		· ' '	2:45pm-4pm AD105 - Funtastics Choral Group	



Monday	Tuesday	Wednesday	Thursday	Friday
7/15/2019	7/16/2019	7/17/2019	7/18/2019	7/19/2019
8:15am-9:15am Fl020 - Zumba Gold	8:15am-9:15am Fl021 - Fusion Fitness	9am-11am AD080 - Woodcarving	9am-12pm WG010 - Chicago Four-Deal Bridge	8:30am-9:30am FI003 - Fusion Fitness
9am-10am FI001 - Low Impact	9am-10:30am HS410 - Audubon's America B	9am-10am Fl002 - Low Impact	9:30am-11am HS406 - George Washington B	9am-12pm WG011 - Duplicate Style Bridge
9:30am-11am EL027 - Poe and the	9:30am-11am HS236 - George	9:30am-10:30am LE197 - Brain	9:30am-11:30am WG009 - Mah Jongg	10am-10:45am AD031 - Beginner
Messenger	Washington A	Aerobics		Ballroom
9:30am-10:30am HW239 - Relax and Meditate	10am-11am AD021 - Tap Dancing	9:40am-10:40am FI017 - Wednesday Fun Fitness	10am-11am HW317 - Neuropathic Pain	10am-12pm WG007 - Hand and Foot and Triple Play
10am-10:45am FI004 - Sit and Be Fit	10am-11am EF118 - Organizing Your Records	10:30am-12pm PR042 - Fashions in Biblical Times	10:30am-12:30pm AD012 - Advanced Watercolor	11am-12pm AD022 - American Waltz
10am-11am LA022 - Basic Arabic Script	11am-12:30pm AD170 - Wind Ensemble		10:30am-11:30am AD075 - In-Step Line Dance	11am-12:30pm PR062 - Peter in the Book of Acts
10:30am-11:30am FI028 - Gentle	11am-12pm SE129 - Maggie L.	11am-12:30pm LA003 - Beginning Sign	10:30am-11:30am HW227 - Essential Oils	12pm-1pm LA001 - Beginning French
Yoga A 11:30am-12:30pm AD182 - Learn about Ventriloquism	Walker Site Tour 11am-1pm WG013 - Spades	Language 11am-12pm LA011 - Intermediate Italian	11:30am-12:15pm FI005 - Sit and Be Fit	12:30pm-2:30pm AD167 - Open Oil Painting
11:30am-12:30pm HS382 - The Fall of Richmond	11:30am-12:30pm AD058 - Line Dance Practice	11:30am-12:30pm LS135 - Mercy Mall of Virginia	12pm-1:30pm AD141 - Lifelong Musicians	12:30pm-1:15pm Fl016 - Continuing
12pm-3:30pm WG003 - Rubber Bridge		11:45am-12:30pm Fl014 - Beginning Tai Chi (Part 1)	12pm-1pm Fl010 - Chair Yoga	1pm-3pm WG002 - Social Bingo
	12:30pm-1:30pm LA006 - Beginning Spanish Grammar	,	12pm-1pm LA021 - Un Poco de Todo	1pm-3pm SE123 - Fashion Forward
12:30pm-1:15pm FI027 - Beginning Tai Chi (Part 2)	1pm-2pm AD197 - Ballroom Practice	1pm-2:30pm AD003 - Hospice Crafts	1pm-2:30pm AD015 - Advanced Readers Theater	1:15pm-2:15pm LA002 - Intermediate French
1pm-3pm WG004 - Cards and Games	1pm-3pm WG001 - Social Bingo	1pm-2pm Fl022 - Chair Yoga	1:15pm-2:15pm Fl007 - Gentle Yoga A	1:30pm-3pm CO092 - Intermediate iPhone
1:15pm-4pm EL022 - Films with Spence and Kate	1:30pm-3:30pm AD161 - Colored Pencil Open Workshop	1pm-3pm WG006 - Cards and Games	1:15pm-2:15pm FI026 - Gentle Yoga B	2:15pm-3:15pm LA009 - Advanced French
1:30pm-3pm LA015 - Conversational German	1:30pm-2:30pm Fl006 - Chair Yoga	1:30pm-3:30pm LE032 - Knitting Circle	1:30pm-2:30pm LA007 - Intermediate Spanish	
1:30pm-3:30pm LE178 -	1:30pm-3pm HS089 - Great	2pm-3:30pm EL075 - Self-Publishing	2pm-3:30pm AD111 - Intermediate	
Genealogical Problem Solving	Decisions	Your Book	Watercolor	
1:45pm-2:45pm Fl008 - Gentle Yoga B	2pm-3:30pm CO124 - Social Media	2:30pm-3:30pm FI015 - Pilates	2pm-3:30pm EF120 - Demystifying Long Term Care	
	2:45pm-3:45pm FI009 - Gentle Yoga		2pm-3:30pm PR002 - Bible Discussion	
			2:45pm-4pm AD105 - Funtastics Choral Group	



Monday	Tuesday	Wednesday	Thursday	Friday
7/22/2019	7/23/2019	7/24/2019	7/25/2019	7/26/2019
8:15am-9:15am FI020 - Zumba Gold	8:15am-9:15am Fl021 - Fusion Fitness	9am-11am AD080 - Woodcarving	8:30am-9:30am Breakfast Out (IHOP 12321 Chattanooga Plaza Midlothian VA 23112)	8:30am-9:30am FI003 - Fusion Fitness
9am-10am Fl001 - Low Impact	9am-10:30am HS410 - Audubon's America B	9am-10am FI002 - Low Impact	9am-12pm WG010 - Chicago Four-Deal Bridge	9am-12pm WG011 - Duplicate Style Bridge
9am-11am LS095 - Patrolling Your Boundaries	9:30am-11am HS236 - George Washington A	9:40am-10:40am FI017 - Wednesday Fun Fitness	9:30am-11am AD192 - Senior Storytelling Slams	10am-10:45am AD031 - Beginner Ballroom
9:30am-11am EL027 - Poe and the Messenger	9:30am-11:30am HW322 - ADHD Solutions	10am-11:30am EF132 - Financial Preparedness	9:30am-11am HS406 - George Washington B	10am-12pm WG007 - Hand and Foot and Triple Play
9:30am-10:30am HW239 - Relax and Meditate		10:30am-12pm PR042 - Fashions in Biblical Times	9:30am-11:30am WG009 - Mah Jongg	11am-12pm AD022 - American Waltz
10am-10:45am FI004 - Sit and Be Fit	·	10:30am-12:30pm SE098 - VA Historical Society Tour A	10:30am-12:30pm AD012 - Advanced Watercolor	11am-12:30pm PR062 - Peter in the Book of Acts
10am-11am LA022 - Basic Arabic Script	11am-1pm WG013 - Spades	10:45am-11:30am FI018 - Sit and Be Fit	10:30am-11:30am AD075 - In-Step Line Dance	12pm-1pm LA001 - Beginning French
10:30am-11:30am FI028 - Gentle Yoga A	11:30am-12:30pm AD058 - Line Dance Practice	11am-12:30pm LA003 - Beginning Sign Language	10:30am-11:30am HW227 - Essential Oils	12:30pm-2:30pm AD167 - Open Oil Painting
11:30am-12:30pm AD182 - Learn about Ventriloquism	12pm-1pm HW238 - Tai Chi Demonstration	11am-12pm LA011 - Intermediate Italian	11:30am-12:15pm FI005 - Sit and Be Fit	12:30pm-1:15pm FI016 - Continuing Tai Chi
12pm-3:30pm WG003 - Rubber Bridge	12:30pm-1:30pm LA006 - Beginning Spanish Grammar	11:30am-1pm PR003 - Socrates Café	12pm-1:30pm AD141 - Lifelong Musicians	1pm-3pm EL015 - Aspiring Writer's Critique
12:30pm-2:30pm AD152 - Zentangle Spheres	1pm-2pm AD197 - Ballroom Practice	11:45am-12:30pm Fl014 - Beginning Tai Chi (Part 1)	12pm-1pm Fl010 - Chair Yoga	1pm-3:30pm EL021 - PBS Foyle's War
12:30pm-1:15pm Fl027 - Beginning Tai Chi (Part 2)	1pm-3pm WG001 - Social Bingo	1pm-2pm FI022 - Chair Yoga	12pm-1pm LA021 - Un Poco de Todo	1pm-3pm WG002 - Social Bingo
1pm-3pm WG004 - Cards and Games	1:30pm-3:30pm AD161 - Colored Pencil Open Workshop	1pm-3pm WG006 - Cards and Games	1pm-2:30pm AD015 - Advanced Readers Theater	1:15pm-2:15pm LA002 - Intermediate French
1:15pm-4pm EL022 - Films with Spence and Kate	1:30pm-2:30pm FI006 - Chair Yoga	1:30pm-3pm HS338 - Anthropology Discussion B	1:15pm-2:15pm Fl007 - Gentle Yoga A	1:30pm-3pm CO092 - Intermediate iPhone
1:30pm-3pm LA015 - Conversational German	2pm-3:30pm CO126 - All That Technology	1:30pm-3:30pm LE032 - Knitting Circle	1:15pm-2:15pm FI026 - Gentle Yoga B	2:15pm-3:15pm LA009 - Advanced French
1:30pm-3:30pm LE178 - Genealogical Problem Solving	2:45pm-3:45pm FI009 - Gentle Yoga	2:30pm-3:30pm FI015 - Pilates	1:30pm-2:30pm LA007 - Intermediate Spanish	
1:45pm-2:45pm Fl008 - Gentle Yoga B			2pm-3:30pm AD111 - Intermediate Watercolor	
			2pm-3:30pm PR002 - Bible Discussion	
			2:45pm-4pm AD105 - Funtastics Choral Group	



Monday	Tuesday	Wednesday	Thursday	Friday
7/29/2019	7/30/2019	7/31/2019	8/1/2019	8/2/2019
8:15am-9:15am Fl020 - Zumba Gold	8:15am-9:15am FI021 - Fusion Fitness		9am-12pm WG010 - Chicago Four-Deal Bridge	8:30am-9:30am Fl003 - Fusion Fitness
9am-10am Fl001 - Low Impact	9am-10:30am HS410 - Audubon's America B	l l	9:30am-11am HS408 - The UFO in American History B	9am-12pm WG011 - Duplicate Style Bridge
9am-11am LS095 - Patrolling Your Boundaries	10am-11am AD021 - Tap Dancing	9:40am-10:40am FI017 - Wednesday Fun Fitness	9:30am-11:30am WG009 - Mah Jongg	10am-10:45am AD031 - Beginner Ballroom
9:30am-11am EL027 - Poe and the Messenger	11am-12:30pm AD170 - Wind Ensemble	•	10am-12pm LE139 - Punch Bundle Card Making A	10am-12pm WG007 - Hand and Foot and Triple Play
9:30am-10:30am HW239 - Relax and Meditate	11am-1pm WG013 - Spades	10:30am-12:30pm HS311 - The Richmond Coal Basin	10:30am-11:30am AD075 - In-Step Line Dance	11am-12pm AD022 - American Waltz
10am-10:45am FI004 - Sit and Be Fit	11:30am-12:30pm AD058 - Line Dance Practice	10:45am-11:30am FI018 - Sit and Be Fit	10:30am-11:30am HW227 - Essential Oils	11am-12:30pm PR062 - Peter in the Book of Acts
10am-11am LA022 - Basic Arabic Script	12pm-12:30pm IA100 - Birthday Celebration	11am-12:30pm LA003 - Beginning Sign Language	10:30am-12:30pm SE103 - VA Historical Society Tour B	12pm-1pm LA001 - Beginning French
10:30am-11:30am FI028 - Gentle Yoga A	12:30pm-1:30pm LA006 - Beginning Spanish Grammar	11am-12pm LA011 - Intermediate Italian	11:30am-12:15pm Fl005 - Sit and Be Fit	12:30pm-2:30pm AD167 - Open Oil Painting
11:30am-12:30pm AD182 - Learn about Ventriloquism	1pm-2pm AD197 - Ballroom Practice	11:45am-12:30pm Fl014 - Beginning Tai Chi (Part 1)	12pm-1:30pm AD141 - Lifelong Musicians	12:30pm-1:15pm FI016 - Continuing Tai Chi
12pm-3:30pm WG003 - Rubber Bridge	1pm-3pm WG001 - Social Bingo	1pm-2pm FI022 - Chair Yoga	12pm-1pm FI010 - Chair Yoga	1pm-3pm WG002 - Social Bingo
12:30pm-1:15pm FI027 - Beginning Tai Chi (Part 2)	1:30pm-3:30pm AD161 - Colored Pencil Open Workshop	1pm-3pm WG006 - Cards and Games	12pm-1pm LA021 - Un Poco de Todo	1:15pm-2:15pm LA002 - Intermediate French
1pm-3pm WG004 - Cards and Games	1:30pm-2:30pm Fl006 - Chair Yoga	1pm-2:30pm HS368 - Local Government	1:15pm-2:15pm Fl007 - Gentle Yoga A	2:15pm-3:15pm LA009 - Advanced French
1:15pm-4pm EL022 - Films with Spence and Kate	2pm-3:30pm CO126 - All That Technology	1:30pm-3:30pm LE032 - Knitting Circle	1:15pm-2:15pm Fl026 - Gentle Yoga B	
1:30pm-3pm LA015 - Conversational German	2:45pm-3:45pm Fl009 - Gentle Yoga	· •	1:30pm-2:30pm LA007 - Intermediate Spanish	
1:30pm-3:30pm LE178 - Genealogical Problem Solving			1:30pm-3:30pm LE200 - Punch Bundle Card Making B	
1:45pm-2:45pm Fl008 - Gentle Yoga B			2pm-3:30pm PR002 - Bible Discussion	



Monday	Tuesday	Wednesday	Thursday	Friday
8/5/2019	8/6/2019	8/7/2019	8/8/2019	8/9/2019
8:15am-9:15am Fl020 - Zumba Gold	8:15am-9:15am Fl021 - Fusion Fitness	9am-11am AD080 - Woodcarving	9am-12pm WG010 - Chicago Four-Deal Bridge	8:30am-9:30am Fl003 - Fusion Fitness
9am-10am Fl001 - Low Impact	9am-10:30am HS410 - Audubon's America B	9am-10am Fl002 - Low Impact	9:30am-11am HS390 - Amazing Leaders	9am-12pm WG011 - Duplicate Style Bridge
9am-11am LS098 - Yin-Yang of Understanding	9:30am-10:30am HS330 - Civil War Museum Treasures	9:40am-10:40am FI017 - Wednesday Fun Fitness	9:30am-11:30am WG009 - Mah Jongg	9:30am-11am CO061 - Android Basics B
10am-10:45am Fl004 - Sit and Be Fit	10am-11am AD021 - Tap Dancing	10:30am-11:30am HS411 - Defending Richmond	10:30am-11:30am AD075 - In-Step Line Dance	10am-10:45am AD031 - Beginner Ballroom
10am-11am LA022 - Basic Arabic Script	11am-12:30pm AD170 - Wind Ensemble	10:45am-11:30am FI018 - Sit and Be Fit	10:30am-11:30am HW227 - Essential Oils	10am-12pm WG007 - Hand and Foot and Triple Play
10am-12:30pm SE113 - VA Holocaust Museum Tour	11am-1pm WG013 - Spades	11am-12:30pm LA003 - Beginning Sign Language	11:30am-12:15pm FI005 - Sit and Be Fit	11am-12pm AD022 - American Waltz
10:30am-11:30am Fl028 - Gentle Yoga A	11:30am-12:30pm AD058 - Line Dance Practice	11am-12pm LA011 - Intermediate Italian	12pm-1:30pm AD141 - Lifelong Musicians	12pm-1pm LA001 - Beginning French
11:15am-12:45pm AD164 - Inventions by da Vinci	12:30pm-1:30pm LA006 - Beginning Spanish Grammar	11:45am-12:30pm Fl014 - Beginning Tai Chi (Part 1)	12pm-1pm FI010 - Chair Yoga	12:30pm-2:30pm AD167 - Open Oil Painting
11:30am-12:30pm AD182 - Learn about Ventriloquism	1pm-2pm AD197 - Ballroom Practice	1pm-2pm FI022 - Chair Yoga	12pm-1pm LA021 - Un Poco de Todo	12:30pm-1:15pm FI016 - Continuing Tai Chi
12pm-3:30pm WG003 - Rubber Bridge	1pm-3pm WG001 - Social Bingo	1pm-3pm WG006 - Cards and Games	1:15pm-2:15pm Fl007 - Gentle Yoga A	1pm-3pm EL015 - Aspiring Writer's Critique
12:30pm-1:15pm Fl027 - Beginning Tai Chi (Part 2)	1:30pm-3:30pm AD161 - Colored Pencil Open Workshop	1:30pm-3:30pm LE032 - Knitting Circle	1:15pm-2:15pm Fl026 - Gentle Yoga B	1pm-3:30pm EL021 - PBS Foyle's War
1pm-3pm WG004 - Cards and Games	1:30pm-2:30pm FI006 - Chair Yoga	2:30pm-3:30pm FI015 - Pilates	1:30pm-2:30pm LA007 - Intermediate Spanish	1pm-3pm WG002 - Social Bingo
1:15pm-4pm EL022 - Films with Spence and Kate	2pm-3:30pm CO126 - All That Technology		2pm-3:30pm AD187 - The Last Supper A	1:15pm-2:15pm LA002 - Intermediate French
•	2:45pm-3:45pm Fl009 - Gentle Yoga		2pm-3:30pm PR002 - Bible Discussion	1:30pm-3pm CO129 - Advanced iPhone
1:30pm-3:30pm LE178 - Genealogical Problem Solving				2:15pm-3:15pm LA009 - Advanced French
1:45pm-2:45pm FI008 - Gentle Yoga B				



Monday	Tuesday	Wednesday	Thursday	Friday
8/12/2019	8/13/2019	8/14/2019	8/15/2019	8/16/2019
8:15am-9:15am FI020 - Zumba Gold	8:15am-9:15am Fl021 - Fusion Fitness	9am-11am AD080 - Woodcarving	9am-12pm WG010 - Chicago Four-Deal Bridge	8:30am-9:30am FI003 - Fusion Fitness
9am-10am Fl001 - Low Impact	10am-11am AD021 - Tap Dancing	9am-10am FI002 - Low Impact	9:30am-11am HS390 - Amazing Leaders	9am-12pm WG011 - Duplicate Style Bridge
9:30am-11am LS127 - Envision Your Future	10am-11:30am EF125 - How to Read Your Credit Report	9:40am-10:40am FI017 - Wednesday Fun Fitness	9:30am-11:30am WG009 - Mah Jongg	9:30am-11am CO061 - Android Basics B
10am-10:45am Fl004 - Sit and Be Fit	11am-12:30pm AD170 - Wind Ensemble	10am-12pm LS132 - End of Life Services	10:30am-11:30am AD075 - In-Step Line Dance	10am-10:45am AD031 - Beginner Ballroom
10am-11am LA022 - Basic Arabic Script	11am-1pm WG013 - Spades	10:45am-11:30am FI018 - Sit and Be Fit	11am-1pm SE114 - Visit Taste of India	10am-12pm WG007 - Hand and Foot and Triple Play
10:30am-11:30am Fl028 - Gentle Yoga A	11:30am-12:30pm AD058 - Line Dance Practice	11am-12:30pm LA003 - Beginning Sign Language	11:30am-12:15pm FI005 - Sit and Be Fit	11am-12pm AD022 - American Waltz
10:30am-12pm LS013 - Home Safety	11:30am-1pm IA008 - August Luncheon	11am-12pm LA011 - Intermediate Italian	12pm-1:30pm AD141 - Lifelong Musicians	12pm-1pm LA001 - Beginning French
11:15am-12:45pm AD164 - Inventions by da Vinci	12:30pm-1:30pm LA006 - Beginning Spanish Grammar	11:45am-12:30pm Fl014 - Beginning Tai Chi (Part 1)	12pm-1pm Fl010 - Chair Yoga	12:30pm-2:30pm AD167 - Open Oil Painting
11:30am-12:30pm AD182 - Learn about Ventriloquism	1pm-2pm AD197 - Ballroom Practice	12pm-1:30pm HS337 - Anthropology Discussion A	12pm-1pm LA021 - Un Poco de Todo	12:30pm-1:15pm FI016 - Continuing Tai Chi
12pm-3:30pm WG003 - Rubber Bridge	1pm-3pm WG001 - Social Bingo	12:30pm-2pm EL052 - Connect With Books	1:15pm-2:15pm Fl007 - Gentle Yoga A	1pm-3pm WG002 - Social Bingo
12:30pm-1:15pm Fl027 - Beginning Tai Chi (Part 2)	1:30pm-3:30pm AD161 - Colored Pencil Open Workshop	1pm-2pm FI022 - Chair Yoga	1:15pm-2:15pm FI026 - Gentle Yoga B	1:15pm-2:15pm LA002 - Intermediate French
1pm-3pm WG004 - Cards and Games	1:30pm-3pm EL014 - Great Books	1pm-3pm WG006 - Cards and Games	1:30pm-2:30pm LA007 - Intermediate Spanish	1:30pm-3pm CO129 - Advanced iPhone
1:15pm-4pm EL022 - Films with Spence and Kate	1:30pm-2:30pm Fl006 - Chair Yoga	1pm-3pm HS414 - Shockoe Hill Cemetery	2pm-3:30pm AD188 - The Last Supper B	2:15pm-3:15pm LA009 - Advanced French
1:30pm-3pm LA015 - Conversational German	2pm-3:30pm CO126 - All That Technology	1:30pm-3:30pm LE032 - Knitting Circle	2pm-3:30pm PR002 - Bible Discussion	
1:30pm-3:30pm LE178 - Genealogical Problem Solving	2:45pm-3:45pm FI009 - Gentle Yoga	2pm-3pm HW198 - Balance and Aging		Fall 2019
1:45pm-2:45pm Fl008 - Gentle Yoga B		2:30pm-3:30pm FI015 - Pilates		Catalog
				Available Fall Session
				Sept 3 - Dec 20



Monday	Tuesday	Wednesday	Thursday	Friday
8/19/2019	8/20/2019	8/21/2019	8/22/2019	8/23/2019
9am	-3pm Open Regist			
		9am-11am AD080 - Woodcarving	8:30am-9:30am Breakfast Out (Crazy Greek 14640 Hancock Village St. Chesterfield VA	8:30am-9:30am Fl003 - Fusion Fitness
9am-10am Fl001 - Low Impact	9am-3pm Open Registration	9am-10am FI002 - Low Impact	9am-12pm WG010 - Chicago Four-Deal Bridge	9am-12pm WG011 - Duplicate Style Bridge
9am-3pm Open Registration	10am-11am AD021 - Tap Dancing	9am-3pm Open Registration	9:30am-11:30am WG009 - Mah Jongg	10am-10:45am AD031 - Beginner Ballroom
10am-10:45am FI004 - Sit and Be Fit	•	9:40am-10:40am FI017 - Wednesday Fun Fitness	10:30am-11:30am AD075 - In-Step Line Dance	10am-12pm WG007 - Hand and Foot and Triple Play
10am-11am LA022 - Basic Arabic Script		10:30am-12pm HW303 - Being Mortal Documentary	11:30am-12:15pm Fl005 - Sit and Be Fit	11am-12pm AD022 - American Waltz
10:30am-11:30am FI028 - Gentle Yoga A	11am-1pm WG013 - Spades	10:45am-11:30am Fl018 - Sit and Be Fit	12pm-1:30pm AD141 - Lifelong Musicians	12pm-1pm LA001 - Beginning French
11:30am-12:30pm AD182 - Learn about Ventriloquism	11:30am-12:30pm AD058 - Line Dance Practice	11am-12:30pm LA003 - Beginning Sign Language	12pm-1pm FI010 - Chair Yoga	12:30pm-2:30pm AD167 - Open Oil Painting
12pm-3:30pm WG003 - Rubber Bridge	1pm-2pm AD197 - Ballroom Practice		1:15pm-2:15pm FI007 - Gentle Yoga A	12:30pm-1:15pm FI016 - Continuing Tai Chi
12:30pm-1:15pm FI027 - Beginning Tai Chi (Part 2)	1pm-3pm WG001 - Social Bingo	11:45am-12:30pm Fl014 - Beginning Tai Chi (Part 1)	1:15pm-2:15pm FI026 - Gentle Yoga B	1pm-3pm EL015 - Aspiring Writer's Critique
1pm-3pm WG004 - Cards and Games	1:30pm-3:30pm AD161 - Colored Pencil Open Workshop	1pm-2:30pm AD003 - Hospice Crafts	2pm-3:30pm PR002 - Bible Discussion	1pm-3:30pm EL021 - PBS Foyle's War
1:15pm-4pm EL022 - Films with Spence and Kate	1:30pm-2:30pm Fl006 - Chair Yoga	1pm-2pm FI022 - Chair Yoga		1pm-3pm WG002 - Social Bingo
1:30pm-3pm LA015 - Conversational German (RC)	2:45pm-3:45pm FI009 - Gentle Yoga	1pm-3pm WG006 - Cards and Games		1:15pm-2:15pm LA002 - Intermediate French
1:30pm-3:30pm LE178 - Genealogical Problem Solving		1:30pm-3:30pm LE032 - Knitting Circle		1:30pm-3pm CO129 - Advanced iPhone
1:45pm-2:45pm Fl008 - Gentle Yoga B		2:30pm-3:30pm FI015 - Pilates		2:15pm-3:15pm LA009 - Advanced French
3:30pm-5pm Board Meeting				
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Monday	Tuesday	Wednesday	Thursday	Friday	
8/26/2019	8/27/2019	8/28/2019	8/29/2019	8/30/2019	
8:15am-9:15am FI020 - Zumba Gold	8:15am-9:15am FI021 - Fusion Fitness	9am-11am AD080 - Woodcarving	9am-12pm WG010 - Chicago Four-Deal Bridge	8:30am-9:30am Fl003 - Fusion Fitness	
9am-10am FI001 - Low Impact	10am-11am AD021 - Tap Dancing	9am-10am FI002 - Low Impact	9:30am-2:30pm AD151 - YUPO and Watermedia	9am-12pm WG011 - Duplicate Style Bridge	
10am-10:45am FI004 - Sit and Be Fit	11am-12:30pm AD170 - Wind Ensemble	9:40am-10:40am FI017 - Wednesday Fun Fitness	9:30am-11am AD192 - Senior Storytelling Slams	10am-10:45am AD031 - Beginner Ballroom	
10am-11am LA022 - Basic Arabic Script	11am-1pm WG013 - Spades	10:45am-11:30am FI018 - Sit and Be Fit	9:30am-11:30am WG009 - Mah Jongg	10am-12pm WG007 - Hand and Foot and Triple Play	
10:30am-11:30am FI028 - Gentle Yoga A	11:30am-12:30pm AD058 - Line Dance Practice	11am-12:30pm LA003 - Beginning Sign Language	10:30am-11:30am AD075 - In-Step Line Dance	11am-12pm AD198 - Ballroom Practice Friday	
11:30am-12:30pm AD182 - Learn about Ventriloquism	12pm-12:30pm IA100 - Birthday Celebration	11am-12pm LA011 - Intermediate Italian	11:30am-12:15pm Fl005 - Sit and Be Fit	12pm-1pm LA001 - Beginning French	
12pm-3:30pm WG003 - Rubber Bridge	1pm-2pm AD197 - Ballroom Practice	11:30am-1pm PR003 - Socrates Café	12pm-1:30pm AD141 - Lifelong Musicians	12:30pm-2:30pm AD167 - Open Oil Painting	
12:30pm-1:15pm FI027 - Beginning Tai Chi (Part 2)	1pm-3pm WG001 - Social Bingo	11:45am-12:30pm Fl014 - Beginning Tai Chi (Part 1)	12pm-1pm FI010 - Chair Yoga	12:30pm-1:15pm FI016 - Continuing Tai Chi	
1pm-3pm WG004 - Cards and Games	1:30pm-3:30pm AD161 - Colored Pencil Open Workshop	1pm-2pm FI022 - Chair Yoga	1:15pm-2:15pm FI007 - Gentle Yoga A	1pm-3pm WG002 - Social Bingo	
1:15pm-4pm EL022 - Films with Spence and Kate	1:30pm-2:30pm FI006 - Chair Yoga	1pm-3pm WG006 - Cards and Games	1:15pm-2:15pm FI026 - Gentle Yoga B	1:15pm-2:15pm LA002 - Intermediate French	
1:30pm-3pm LA015 - Conversational German	1:30pm-3pm HS089 - Great Decisions	1:30pm-3pm HS338 - Anthropology Discussion B	2pm-3:30pm PR002 - Bible Discussion	2:15pm-3:15pm LA009 - Advanced French	
1:30pm-3:30pm LE178 - Genealogical Problem Solving	2:45pm-3:45pm FI009 - Gentle Yoga	1:30pm-3:30pm LE032 - Knitting Circle			
1:45pm-2:45pm FI008 - Gentle Yoga B		2:30pm-3:30pm FI015 - Pilates		LLI Closed for Labor Day September 2	