




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Blood Pressure Screenings 10:30am — 12:00 pm La Parilla Mexican Restaurant 11:15 am	2	3 Members in Motion Walk w/ Kaiser Permanente 9:00 am—10:00 am Cell Phone 101 11:30am-12:30 am
6 Jeju Sauna & Spa 9:15 am Morning Fitness 9:30 am— 10:00 am	7 Morning Fitness 9:30 am— 10:00 am	8 Kroger Shopping Trip 9:00 am Morning Fitness 9:30 am— 10:00 am Wednesday Info & Tips: Meal Planning for 2 Weeks 12:00 pm Musical Jeopardy 2:00 pm-3:00 pm	9 Morning Fitness 9:30 am— 10:00 am 	10 Morning Fitness 9:30 am— 10:00 am Keep Calm & Pamper Mom 2:00 pm-4:00 pm
←----- Break Week -----→				
13 Morning Fitness 9:30 am— 10:00 am  <b>Classes Begin</b>	14 Morning Fitness 9:30 am— 10:00 am	15 Morning Fitness 9:30 am— 10:00 am Blood Pressure Screenings 10:30am — 12:00pm	16 Morning Fitness 9:30 am— 10:00 am Red Hatters 2:00pm — 3:00 pm 3D Thursday 2:00pm-3:00pm Birthday Social 3:00pm-4:00pm 	17  <b>Center Closed for Mayfest 2019</b>  Gerald Matthews Park 1935 McDonough Road Hampton, GA 30228
20 Morning Fitness 9:30 am— 10:00 am iPad & Tablet Workshop 3:00pm — 4:30 pm Ignoring HBP Could Break Your Heart 2:00 pm-3:00pm	21 Margaret Mitchell House & Pittypat's Porch 9:00 pm Morning Fitness 9:30 am— 10:00 am	22 Kroger Shopping Trip 9:00 am Morning Fitness 9:30 am— 10:00am Blood Pressure Screenings 10:30am — 12:00pm Wednesday Info & Tips: Picking Summer Fruit 12:00 pm	23 Morning Fitness 9:30 am-10:00am Book Club 2:00 pm-3:00 pm	24 Morning Fitness 9:30 am— 10:00am
27  Center Closed	28 Morning Fitness 9:30 am— 10:00am	29 Morning Fitness 9:30 am— 10:00am	30 Morning Fitness 9:30 am— 10:00am	31 Morning Fitness 9:30 am— 10:00am