

## Bernard Betel Virtual Programming Calendar – June 2022

Mon	Tues	Wed	Thurs	Fri
		1	2 11:00 - 12:00 Memory Boosters  12:00 - 1:00 - RGA English Conversation Club  3:00 - 4:00 Mandala Workshop	3 10:00 - 10:45 Gentle Fitness  10:30 - 11:30 Creative Writing Club  12:00 - 1:00 pm Shizen Ha Class
6	7 9:00 - 9:30 Chair Yoga  1:00 – 2:00 LLI Course: The story of Russia in the 20 <sup>th</sup> and 21 <sup>st</sup> century	8 11:00 - 12:00 Cooking Club	9 11:00 - 12:00 Memory Boosters  12:00 - 1:00 RGA English Conversation Club  12:30 - 1:30 French Conversation  3:00 - 4:00 Mandala Workshop	10 10:00 -10:45 - Gentle Fitness  10:30 - 11:30 Creative Writing Club  12:00 - 1:00 pm Shizen Ha Class
13 10:30 - 11:30 am Sudoku  2:00 - 2:30 pm Mindfulness Meditation	14 9:00 - 9:30 Chair Yoga  1:00 –2:00 LLI Course: The story of Russia in the 20 <sup>th</sup> and 21 <sup>st</sup> century	15	16 11:00 - 12:00 Memory Boosters  12:00 - 1:00 RGA English Conversation Club  3:00 - 4:00 Mandala Workshop	17 10:00 -10:45 - Gentle Fitness  10:30 - 11:30 Creative Writing Club  12:00 - 1:00 pm Shizen Ha Class
20 10:30 am – 11:30 am Sudoku  2:00 – 2:30 pm Mindfulness Meditation	21 9:00 - 9:30 Chair Yoga  1:00 – 2:00 LLI Course: The story of Russia in the 20 <sup>th</sup> and 21 <sup>st</sup> century	22 11:00 - 12:00 Cooking Club	23 11:00 - 12:00 Memory Boosters  12:00 - 1:00 RGA English Conversation Club  12:30 - 1:30 French Conversation  3:00 - 4:00 Mandala Workshop	24 10:00 - 10:45 - Gentle Fitness  10:30 - 11:30 Creative Writing Club  12:00 - 1:00 pm Shizen Ha Class
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