# Chartiers Twp. Communtiy Center

## **July 2014**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
v	V	1 No Cardio Class today.  *Senior Bingo 10:30  Zumba 11:00 Line Dance 7-9 \$10/12/8	2 Zumba 9:30	3 No Senior Strength class today Zumba 5:30	4 Closed Independence Day!	5
6	7 Gentle Yoga 10:00 Yoga 6:00 Line Dancing 7-9 \$10/12/8	8 Midline Momentum Cardio 9:00 *Senior Bingo 10:30 Zumba 11:00	9 Zumba 9:30 "Homemade Pasta" Cooking Class 11:00 am \$12/15/10 Sign up by 7/7/14	Senior Strength 9:00 Zumba 5:30	Coffee Talk & Refreshments 10:00 (Free) *Senior Bingo 10:30  Hayes Design Group Tour 11am	12
13 Closed! Rain Date Alternative for Concert in the Park	14 Gentle Yoga 10:00  Yoga 6:00  Line Dancing 7-9 \$10/12/8	Midline Momentum Cardio 9:00 *Senior Bingo 10:30 **Senior Mtg. & Luncheon 11:00 Zumba 11:00	Teen Cooking Class, "Baked Mac n Cheese" & more. Ages 13-16 11-1pm \$8/10. Sign up by 7/14/14  Atty. James Jeffries, Speaker Series, "Constitutional Law" 3:00pm (Free)	Senior Strength 9:00 Zumba 5:30	*Senior Bingo 10:30 Pastor Don's Senior Group Picnic & Tour 11:00 Paint & Sip 6:30pm Sign up by 7/16/14 \$30/35/27	19
20	21 Gentle Yoga 10:00 Sun Safety Prog. & Free Skin Damage Analysis 1:00 Yoga 6:00 Line Dancing 7-9 \$10/12/8	Midline Momentum Cardio 9:00  *Senior Bingo 10:30  Zumba 11:00	23 Zumba 9:30  "Good Bug-Bad Bug" Master Gardener Program Workshop. 11:15 Penn State Cooperative Extension. Sign up by 7/18 (Free)	24 Senior Strength 9:00 Zumba 5:30 Gas & Electricity Deregulation Informational Mtg. 6:00 (Free) Sign up by 7/23/14	25 *Senior Bingo 10:30	26
27 Rental	28 Gentle Yoga 10:00  Yoga 6:00  Line Dancing 7-9 \$10/12/8	Midline Momentum Cardio 9:00  *Senior Bingo 10:30  Zumba 11:00	30 Zumba 9:30 Speaker/Personal Trainer JJ Robertson, "Breaking through Diet Barriers" 7:00pm (Free) Sign up by 7/28/14	31 Senior Strength 9:00 Zumba 5:30		

# You are responsible to bring your own equipment for fitness classes Community Center Hours:

Monday	9-9
Tuesday	9-4
Wednesday	9-7
Thursday	9-7
Friday	9-4

#### **Fitness Class Rates:**

Chartiers Twp. Resident	\$ 8.00 per class		
Non-Resident	\$10.00 per class		
Chartiers Senior Center Members	\$ 5.00 per class		

(Senior Center Annual Membership Rate= \$2.00)

### All other class rates are as marked on Schedule \$Resident/Non-Resident/Senior Member

Classes and Events may be canceled or changed without prior notice. Check updated schedule at www.chartierstwp.com or by calling 724-485-2126

## **Senior Center Monthly Meeting - Guest Speakers**

\*\*\*You must call and make reservations for the Monthly Meeting Luncheon

July 15<sup>th</sup> Annual Picnic – More info to follow.

The Greenery will be serving Ice Cream Sundaes

Want to start a book club? How about starting a new walking group? Call the community center to get your new group started now. It's a great way to meet new people who share your same interests!

Chartiers Township Community Center 2013 Community Center Drive, Houston, Pa 15342 724-485-2126

www.chartierstwp.com

Revised 6/19/14