

# JULY 2021



SUN	MON	TUES	WED	THURS	FRI	SAT
				1 Music for Memory with Tony at 11am Zoom ID: 894-4962-2931 Password: AAD2021	2 3.:30pm Ukulele singalong <a href="#">Sign up here</a>	3 3pm Moving with Balance -10 weeks series <a href="#">Sign up here</a>
4	5 Music for Memory with Tony at 11am Zoom ID: 894-4962-2931 Password: AAD2021	6 Chair Exercises with Francis at 12.30pm Zoom ID: 821-4679-9025 Password: AAD20	7	8 Music for Memory with Tony at 11am Zoom ID: 894-4962-2931 Password: AAD2021	9	10 3pm Moving with Balance -10 weeks series <a href="#">Sign up here</a> ,
11	12 Music for Memory with Tony at 11am Zoom ID: 894-4962-2931 Password: AAD2021	13 Chair Exercises with Francis at 12.30pm Zoom ID: 821-4679-9025 Password: AAD20	14	15 Music for Memory with Tony at 11am Zoom ID: 894-4962-2931 Password: AAD2021	16	17 3pm Moving with Balance -10 weeks series <a href="#">Sign up here</a>
18	19 Music for Memory with Tony at 11am Zoom ID: 894-4962-2931 Password: AAD2021	20 Chair Exercises with Francis at 12.30pm Zoom ID: 821-4679-9025 Password: AAD20	21	22 Music for Memory with Tony at 11am Zoom ID: 894-4962-2931 Password: AAD2021	23	24 3pm Moving with Balance -10 weeks series <a href="#">Sign up here</a>
25	26 NO CLASS TODAY	27 Chair Exercises with Francis at 12.30pm Zoom ID: 821-4679-9025 Password: AAD20	28	29 CUP MATCH	30 CUP MATCH	31 3pm Moving with Balance -10 weeks series <a href="#">Sign up here</a>