

Union Township Center—(513) 947-7333

Please call ahead for reservations, even for free classes. Schedules may change and there are fees for many activities.

May 2020

Mon	Tue	Wed	Thu	Fri
<p>“This institution is an equal opportunity provider and employer.”</p>				1
<p>4</p> <p>9:30 Chair Yoga Stretch—SilverSneakers With Melanie using Zoom Interested? Call 947-7333 or Contact: bdotson@clermontseniors.com</p>	<p>5</p> <p>9:00 Silver/Sneakers/Strength/Balance— With Blanche using Zoom 11:00 Self-Defense & Balance-w/George Interested? Call 947-7333 or Contact: bdotson@clermontseniors.com</p>	<p>6</p> <p>TBA— Tai Chi with Dave Interested? Call 947-7333 or Contact: bdotson@clermontseniors.com</p>	<p>7</p> <p>9:00 Silver/Sneakers/Strength/Balance— With Blanche using Zoom Interested? Call 947-7333 or Contact: bdotson@clermontseniors.com</p>	8
<p>11</p> <p>9:30 Chair Yoga Stretch—SilverSneakers With Melanie using Zoom Interested? Call 947-7333 or Contact: bdotson@clermontseniors.com</p>	<p>12</p> <p>9:00 Silver/Sneakers/Strength/Balance— With Blanche using Zoom 11:00 Self-Defense & Balance-w/George Interested? Call 947-7333 or Contact: bdotson@clermontseniors.com</p>	<p>13</p> <p>TBA— Tai Chi with Dave Interested? Call 947-7333 or Contact: bdotson@clermontseniors.com</p>	<p>14</p> <p>9:00 Silver/Sneakers/Strength/Balance— With Blanche using Zoom Interested? Call 947-7333 or Contact: bdotson@clermontseniors.com</p>	<p>15</p> <p>Meditate with Helen—Video Link: To Be Provided - Check Back</p>
<p>18</p> <p>9:30 Chair Yoga Stretch—SilverSneakers With Melanie using Zoom Interested? Call 947-7333 or Contact: bdotson@clermontseniors.com</p>	<p>19</p> <p>9:00 Silver/Sneakers/Strength/Balance— With Blanche using Zoom 11:00 Self-Defense & Balance-w/George Interested? Call 947-7333 or Contact: bdotson@clermontseniors.com</p>	<p>20</p> <p>TBA— Tai Chi with Dave Interested? Call 947-7333 or Contact: bdotson@clermontseniors.com</p>	<p>21</p> <p>9:00 Silver/Sneakers/Strength/Balance— With Blanche using Zoom Interested? Call 947-7333 or Contact: bdotson@clermontseniors.com 10:00 Alzheimer's Presentation Link: https://bluejeans.com/556433522</p>	22
<p>25</p> <p>Memorial Day</p>	<p>26</p> <p>9:00 Silver/Sneakers/Strength/Balance— With Melanie Moon using Zoom 11:00 Self-Defense & Balance-w/George Interested? Call 947-7333 or Contact: bdotson@clermontseniors.com</p>	<p>27</p> <p>TBA— Tai Chi with Dave Interested? Call 947-7333 or Contact: bdotson@clermontseniors.com</p>	<p>28</p> <p>9:00 Silver/Sneakers/Strength/Balance— With Blanche using Zoom Interested? Call 947-7333 or Contact: bdotson@clermontseniors.com</p>	29