



SENIOR PROGRAMS - JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10am Senior Complete Fitness with Loy 12-2pm OMA Dementia Class	2 11am SAIL Aerobics 12:15pm Senior Cafe Lunch Tidbit Tuesday with Natayla Rubel	3 10am Senior Complete Fitness with Loy 11:30am Seated SAIL w/Jan 12:45pm Writers Support Group	4 10am SAIL Aerobics 11:15am Brain Games 11:30am Krafty Krafters 2:15pm Tai Chi 5:30pm Seeds of Change Dinner	5
8 10am Senior Complete Fitness with Loy 12-2pm OMA Dementia Class	9 11am SAIL Aerobics 12:15pm Senior Cafe Lunch Birthday Celebration with CC Engel	10 10am Senior Complete Fitness with Loy 11:30am Seated SAIL w/Jan 12:45pm Writers Support Group	11 10am SAIL Aerobics 11:30am Paint and Sip* 2:15pm Tai Chi 5:30pm Seeds of Change Dinner	12
15 10am Senior Complete Fitness with Loy 12-2pm OMA Dementia Class	16 11am SAIL Aerobics 12:15pm Senior Cafe Lunch Q&A with Mayor Dave Olson	17 10am Senior Complete Fitness with Loy 11:30am Seated SAIL w/Jan 12:45pm Writers Support Group	18 10am SAIL Aerobics 11am Cooking Class* 11:30am Krafty Krafters 2:15 Tai Chi 5:30pm Seeds of Change Dinner	19
22 10am Senior Complete Fitness with Loy 12-2pm OMA Dementia Class	23 11am SAIL Aerobics 12:15pm Senior Cafe Lunch Bingo	24 10am Senior Complete Fitness with Loy 11:30am Seated SAIL w/Jan 12:45pm Writers Support Group	25 10am SAIL Aerobics 11:15am Brain Games 11:30am Krafty Krafters 2:15 Tai Chi 5:30pm Seeds of Change Dinner	26
29 10am Senior Complete Fitness with Loy 12-2pm OMA Dementia Class	30 11am SAIL Aerobics 12:15pm Senior Cafe Lunch Name That Tune Trivia			

