


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 2021						
	TOUCHTOWN CHANNEL 591 ALL PROGRAMS ARE SUBJECT TO CHANGE. CHECK YOUR CISCO PHONE FOR DAILY UPDATES	1 8:00 AWAKE AND RESTORE, 591 9:00 BALANCE & POSTURE CLASS, CA 9:30 WALKING GROUP W/MARKETING 1:00 SEATED STRENGTH, CA 2:00 INDOOR/OUTDOOR SPORTS, A130 2:00 MOVIE MATINEE, CA "A STRANGER AMONG US" 2:00 DOWNTON ABBEY, 594 SEASON 2 EPISODE 8 & 9	2 9:00 YOGA MOVES, CA 9:00 ADVANCED BALANCE CLASS, 591 9:30 WALKING GROUP W/ACTIVITIES 9:45 MEDITATION, LMR 10:00 & 10:30 POOL CLASSES 1:00 CORE CRUNCH, A130 1:30 BINGO, CA 2:00 DOWNTON ABBEY, 594 SEASON 3 EPISODE 1 - 3 2:00 SIT & STAND CHALLENGE DEMO 2:30 CORE CRUNCH CHANNEL 591	3 8:00 AWAKE AND RESTORE, 591 9:00 BALANCE & POSTURE CLASS, CA 9:30 WALKING GROUP W/JEN 1:00 SEATED STRENGTH, CA 2:00 DOWNTON ABBEY, 594 SEASON 3 EPISODE 1-3 3:00 HEADS UP, CA	4 9:00 ADVANCED BALANCE CLASS 591 9:00 TONE IT UP WITH JEN, CA 9:00 WII BOWLING, A130 10:00/10:30 POOL CLASSES 11:30 WII BOWLING, A130 1:00 SIT & FIT, A130 2:30 WII BOWLING, A130 6:00 SHABBAT SERVICE CHANNEL 138 JBS	5 10:00 SEATED YOGA, 591 2:00 WILD POLAR BEAR – PREDATOR OF ARTIC OCEAN, 591
6 10:00 POSTURE CLASS, 591 11:00 HOW GREAT THOU ART FAVORITE HYMNS, 591 11:30 COMMUNION DISTRIBUTION, CA 8:00 TOUCHTOWN MEDITATION VIDEO, 591	7 9:00 TONE IT UP WITH JEN, CA 9:00 ADVANCED BALANCE CLASS, 591 10:00 & 10:30 POOL CLASSES 1:00 SIT & FIT, APT. A130 11:00 TERRONE JEWELERS, AC 2:00 DOWNTON ABBEY, 594 SEASON 3 EPISODE 4-7 6:00 ROSARY, CA 7:00 TOUCHTOWN CHANNEL 591 PRAY THE ROSARY	8 8:00 AWAKE AND RESTORE, 591 9:00 BALANCE & POSTURE CLASS, CA 9:30 WALKING GROUP W/MARKETING 1:00 SEATED STRENGTH, CA 1:00 STAIN GLASS, AC 2:00 INDOOR/OUTDOOR SPORTS, A130 2:00 MOVIE MATINEE, CA "THE ODD COUPLE II" 2:00 DOWNTON ABBEY, 594 SEASON 3 EPISODE 4-7	9 9:00 YOGA MOVES, CA 9:00 ADVANCED BALANCE CLASS, 591 9:30 WALKING GROUP W/ACTIVITIES 9:45 MEDITATION, LMR 10:00 & 10:30 POOL CLASSES 1:00 CORE CRUNCH, A130 2:00 DOWNTON ABBEY, 594 SEASON 3 EPISODE 8-9 2:30 CORE CRUNCH, 591 4:00 IOS WORKSHOP, CA 6:00 BINGO, CA	10 8:00 AWAKE AND RESTORE, 591 9:00 BALANCE & POSTURE CLASS, CA 9:30 WALKING GROUP W/JEN 1:00 SEATED STRENGTH, CA 2:00 DOWNTON ABBEY, 594 SEASON 3 EPISODE 8-9 3:00 NOODLE BALL, CA	11 9:00 ADVANCED BALANCE CLASS, 591 9:00 TONE IT UP WITH JEN, CA 9:00 WII BOWLING, A130 10:00/10:30 POOL CLASSES 11:30 WII BOWLING, A130 1:00 SIT & FIT, A130 2:30 WII BOWLING, A130 3:00 – 4:30 WINE & CHEESE PARTY WITH MUSIC FROM PIPER'S ALLEY 6:00 SHABBAT SERVICE CHANNEL 138 JBS	12 10:00 SEATED YOGA, 591 2:00 LIFE OF WILD HORSES, 591
13 10:00 POSTURE CLASS, 591 11:00 HOW GREAT THOU ART FAVORITE HYMNS, 591 2:00 PRESBYTERIAN CHURCH OF TR COMMUNION SERICE, CA 8:00 TOUCHTOWN MEDITATION VIDEO, 591	14 9:00 TONE IT UP WITH JEN, CA 9:00 ADVANCED BALANCE CLASS 591 10:00 & 10:30 POOL CLASSES 1:00 SIT & FIT, APT. A130 1:30 HORSE RACING, CA 2:00 DOWNTON ABBEY, 594 SEASON 4 EPISODE 1-3 6:00 ROSARY, CA 7:00 TOUCHTOWN 591 PRAY THE ROSARY	15 8:00 AWAKE AND RESTORE, 591 9:00 BALANCE & POSTURE CLASS, CA 9:30 WALKING GROUP W/SUE 1:00 SEATED STRENGTH, CA 1:00 STAIN GLASS, AC 2:00 INDOOR/OUTDOOR SPORTS, A130 2:00 BALLET DVD W/JOHN ARTALE, CA TCHAIKOVSKY - SWAN LAKE 2:00 DOWNTON ABBEY, 594 SEASON 4 EPISODE 1-3	16 9:00 YOGA MOVES, CA 9:00 ADVANCED BALANCE CLASS, 591 9:30 WALKING GROUP W/ACTIVITIES 9:45 MEDITATION, LMR 10:00 & 10:30 POOL CLASSES 10 -1 COVID TESTING, LMR 1:00 CORE CRUNCH, A130 1:00 – 2:30 STRAWBERRY FESTIVAL 2:00 DOWNTON ABBEY, 594 SEASON 4 EPISODE 4-7 2:30 CORE CRUNCH, 591	17 8:00 AWAKE AND RESTORE, 591 9:00 BALANCE CLASS, CA 9:30 WALKING GROUP W/JEN 1:00 SEATED STRENGTH, CA 2:00 DOWNTON ABBEY, 594 SEASON 4 EPISODE 4-7 3:00 MEN'S DAY ANCHORS AWAY, PP	18 9:00 ADVANCED BALANCE CLASS, 591 9:00 TONE IT UP WITH JEN, CA 9:00 WII BOWLING, A130 10:00/10:30 POOL CLASSES 11:30 WII BOWLING, A130 1:00 SIT & FIT, A130 2:30 WII BOWLING, A130 6:00 SHABBAT SERVICE CHANNEL 138 JBS	19 10:00 SEATED YOGA, 591 2:00 LITTLE EUROPE: FIVE MICRO COUNTRIES WITH RICK STEVES, 591
20 FATHER'S DAY 10:00 POSTURE CLASS, 591 11:00 HOW GREAT THOU ART FAVORITE HYMNS, 591 11:30 CATHOLIC MASS WITH FATHER ROBERT D'IMPERIO, CA 8:00 TOUCHTOWN MEDITATION VIDEO, 591	21 9:00 TONE IT UP WITH JEN, CA 9:00 ADVANCED BALANCE CLASS 591 10:00 & 10:30 POOL CLASSES 1:00 SIT & FIT, APT. A130 2:00 DOWNTON ABBEY, 594 SEASON 4 EPISODE 8-9 6:00 ROSARY, CA 7:00 TOUCHTOWN 591 PRAY THE ROSARY	22 8:00 AWAKE AND RESTORE, 591 9:00 BALANCE & POSTURE CLASS, CA 9:30 WALKING GROUP W/MARKETING 1:00 SEATED STRENGTH, CA 1:00 STAIN GLASS, AC 2:00 MOVIE MATINEE, CA "THE CHOICE" 2:00 INDOOR/OUTDOOR SPORTS, A130 2:00 DOWNTON ABBEY, 594 SEASON 4 EPISODE 8-9	23 9:00 YOGA MOVES, CA 9:00 ADVANCED BALANCE, 591 9:30 WALKING GROUP W/ACTIVITIES 9:45 MEDITATION, CA 10:00 & 10:30 POOL CLASSES 1:00 CORE CRUNCH, A130 2:00 ENTERTAINER JAMES MICHAEL, CA 2:00 DOWNTON ABBEY, 594 SEASON 5 EPISODE 1-3 2:30 CORE CRUNCH CHANNEL 591 4:30 IOS WORKSHOP, CA	24 8:00 AWAKE AND RESTORE, 591 9:00 BALANCE CLASS, CA 9:30 WALKING GROUP W/JEN 1:00 SEATED STRENGTH, OUTDOORS 2:00 DOWNTON ABBEY, 594 SEASON 5 EPISODE 1-3 2:00 – 7:00 – BLOOD DRIVE, CA	25 9:00 ADVANCED BALANCE CLASS, 591 9:00 TONE IT UP WITH JEN, CA 9:00 WII BOWLING, A130 10:00/10:30 POOL CLASSES 11:30 WII BOWLING, A130 1:00 SIT & FIT, A130 1:30 PRICE IT RIGHT, CA 2:30 WII BOWLING, A130 6:00 SHABBAT SERVICE CHANNEL 138 JBS	26 10:00 SEATED YOGA, 591 2:00 A PLACE OF SUPERLATIVE – YOSEMITE NATIONAL PARK, 591
27 10:00 POSTURE CLASS, 591 11:00 HOW GREAT THOU ART FAVORITE HYMNS, 591 8:00 TOUCHTOWN MEDITATION VIDEO, 591	28 9:00 TONE IT UP WITH JEN, CA 9:00 ADVANCED BALANCE CLASS CHANNEL 591 10:00 LIGHTEN UP WITH LESLIE, A130 10:00& 10:30 POOL CLASSES 1:00 SIT & FIT, APT. A130 2:00 DOWNTON ABBEY, 594 SEASON 5 EPISODE 4-7 6:00 ROSARY, CA 7:00 TOUCHTOWN 591 PRAY THE ROSARY	29 8:00 AWAKE AND RESTORE, 591 9:00 BALANCE & POSTURE CLASS, CA 9:30 WALKING GROUP W/MARKETING 1:00 SEATED STRENGTH, CA 1:00 STAIN GLASS, AC 2:00 MOVIE MATINEE, CA "CALENDAR GIRLS" 2:00 INDOOR/OUTDOOR SPORTS, A130 2:00 DOWNTON ABBEY, 594 SEASON 5 EPISODE 4-7	30 SIT & STAND CHALLENGE ENDS 9:00 ADVANCED BALANCE, 591 9:00 YOGA MOVES, CA 9:30 WALKING GROUP W/ACTIVITIES 9:45 MEDITATION, LMR 10:00 & 10:30 POOL CLASSES 1:00 CORE CRUNCH, A130 2:00 DOWNTON ABBEY, 594 SEASON 5 EPISODE 8-9 2:00 ALL RES. MTG, CHANNEL 591 2:30 CORE CRUNCH CHANNEL 591 6:00 SIP & PAINT, CA	COLOR KEY PHYSICAL SOCIAL INTELLECTUAL SPIRITUAL HEALTH SERVICES VOCATIONAL EMOTIONAL ENVIRONMENTAL	WEDNESDAY SHOPPING TRIPS: 9:00, 9:30 & 10:00 COSTCO, CHRISTMAS TREE SHOP, TARGET & LOWES FRIDAY SHOPPING TRIPS: 9:00, 9:30 & 10:00 STOP & SHOP, WALGREENS & BANKS	