

### DAILY BC METS ACTIVITIES

| MONDAY  | TUESDAY  | WEDNESDAY          | THURSDAY  | FRIDAY                           |
|---|--|--------------------|---|----------------------------------|
|   |  | 1<br>10:30a Bingo  | 2<br>10:30a Tile Games<br>1:00p Craft: 4 <sup>th</sup> of July Wreath/Crown | 3<br>NO PROGRAMMING              |
| 6<br>10:30a Tile Games                        | 7<br>10:30a Card Games                                 | 8<br>10:30a Bingo  | 9<br>10:30a Learn Latin Moves   | 10<br>10:30a Gardening Group     |
| 13<br>10:30a Topic Tours: Conflict Resolution | 14<br>10:30a Card Games<br>10:30a Learn Mahjong w/Jill | 15<br>10:30a Bingo | 16<br>10:30a Tile Games<br>1:00p Book Club                                  | 17<br>10:30a Watercolor Painting |
| 20<br>10:30a Team Games                       | 21<br>11:30a Lunch Bunch at Hunan Lion                 | 22<br>10:30a Bingo | 23<br>11:30a Lunch & a Classic Movie  | 24<br>10:30a Card & Tile Games   |
| 27<br>10:30a Stress, Aging & Meditation       | 28<br>10:30a Card Games<br>10:30a Learn Mahjong w/Jill | 29<br>10:30a Bingo | 30<br>10:30a Board Games<br>1:00p Sewing & Storytelling                     | 31<br>11:30a Potluck             |

 REQUIRES RESERVATION

### WEEKLY BC METS FITNESS CLASSES

| MONDAYS             | TUESDAYS         | WEDNESDAYS          | THURSDAYS        | FRIDAYS            |
|---------------------|------------------|---------------------|------------------|--------------------|
| 9:30a Chair Pilates | 9:30a Chair Yoga | 9:30a Chair Pilates | 9:30a Chair Yoga | 9:30a Chair Groove |
| 1:00p Fit-4-Life    | 1:00p Fit-4-Life | 1:00p Fit-4-Life    | 1:00p Fit-4-Life | 1:00p Fit-4-Life   |
| 1:00p WaterX        |                  | 1:00p WaterX        |                  |                    |

 MEETING ROOMS    STUDIO    SENDERO SPRINGS POOL



REQUIRES BC METS PROGRAM PASS OR DAY PASS  
VISIT [BCMUD.ORG/BCMETS](http://BCMUD.ORG/BCMETS) FOR DETAILS  
QUESTIONS OR TO RSVP: EMAIL MAURA MORROW AT  
[M.MORROW@BCMUD.ORG](mailto:M.MORROW@BCMUD.ORG)