

# July 2024

Weekly Room Schedule on [pinehills.net](http://pinehills.net) & in hard copy at Stonebridge Club, will provide locations for all activities.

| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday   |
|--|---|--|---|---|---|--|
| <p><b>Artist of the Month:</b><br/><b>Joan Patterson</b></p> <p><b>Stonebridge Club</b><br/><b>Great Rm.</b></p> | <p><b>1</b><br/>8:45a-<a href="#">Writing from the Heart</a><br/>10a-<a href="#">Creative Stitchery</a><br/>11:00a-<a href="#">Teachings Unseen Wld</a><br/>12:30p-<a href="#">Swiss Bridge</a><br/>1p-<a href="#">Ping Pong</a><br/>1p-<a href="#">Chess</a><br/>4p-<a href="#">Mahjong</a></p>  | <p><b>2</b><br/>9a-<a href="#">Art Studio</a><br/>11a-<a href="#">Writers Circle</a><br/>11:30a-<a href="#">Quilt Club</a><br/>12p-<a href="#">Con Moto Practice</a><br/>2p-<a href="#">Tuesday Bridge</a><br/>4p-<a href="#">Meditation @ The MarQ</a><br/>4p-<a href="#">Cradle of Western Civilization</a><br/>6:30p- <a href="#">Bunco I</a></p>         | <p><b>3</b><br/>9a-<a href="#">Acrylic Class</a><br/>12:30p-<a href="#">Duplicate Bridge</a><br/>1p-<a href="#">Wednesday Writers Group</a><br/>1p-<a href="#">Ping Pong</a><br/>4:45p- <a href="#">Shalom Book Grp</a><br/>6:30-<a href="#">Glee Club -GI*</a></p> <p><b>Stonebridge Office Closed at Noon</b></p>   | <p><b>4</b><br/><b>4<sup>th</sup> of July</b> <br/>12:30p-<a href="#">Bonjour French</a><br/>1p-<a href="#">Chess</a></p> <p><b>Stonebridge Office Closed No Fitness Classes</b></p>   | <p><b>5</b><br/>10a-<a href="#">Cribbage</a><br/>1p-<a href="#">Friday Bridge</a><br/>1p-<a href="#">Ping Pong</a><br/>7p- <a href="#">Friday Night Pitch</a></p>   | <p><b>6</b><br/>9a- <a href="#">Swimming GI Pond</a><br/>1p- <a href="#">Beginner Mahjong</a></p>  |
| <p><b>7</b><br/>10a-<a href="#">Piano &amp; Coffee</a><br/>1p- <a href="#">Ancestry Group</a></p>                | <p><b>8</b><br/>8:45a-<a href="#">Writing from the Heart</a><br/>10a-<a href="#">Creative Stitchery</a><br/>11:00a-<a href="#">Teachings Unseen Wld</a><br/>12:30p-<a href="#">Swiss Bridge</a><br/>1p-<a href="#">Ping Pong</a><br/>1p-<a href="#">Chess</a><br/>4p-<a href="#">Mahjong</a><br/>5p-<a href="#">Womanade</a></p>  | <p><b>9</b><br/>9a-<a href="#">Art Studio</a><br/>11:30a-<a href="#">Quilt Club</a><br/>12p-<a href="#">Con Moto Practice</a><br/>2p-<a href="#">Tuesday Bridge</a><br/>4p-<a href="#">Meditation @ The MarQ</a><br/>4:05p-<a href="#">The New Yorker Discussion</a><br/>4:30p- <a href="#">French Conversation</a><br/>7p- <a href="#">Fishing Club</a></p> | <p><b>10</b><br/>9a-<a href="#">Acrylic Class</a><br/>12:30p-<a href="#">Duplicate Bridge</a><br/>1p-<a href="#">Ping Pong</a><br/>6:30-<a href="#">Cabana Room Players</a><br/>6:30-<a href="#">Glee Club -GI*</a></p>   | <p><b>11</b><br/>8:30a- <a href="#">Bird Brains</a><br/>10:30a- <a href="#">Hadassah Creating Wellbeing</a><br/>12:30p-<a href="#">Bonjour French</a><br/>1p-<a href="#">Chess</a><br/>2p-<a href="#">Reading the Short Story</a><br/>4p-<a href="#">Moment in Time History</a><br/>4p-<a href="#">State of the World</a></p> | <p><b>12</b><br/>10a-<a href="#">Cribbage</a><br/>1p-<a href="#">Friday Bridge</a><br/>1p-<a href="#">Ping Pong</a></p>   | <p><b>13</b><br/>9a- <a href="#">Swimming GI Pond</a><br/>9a- <a href="#">Pastels Class</a><br/>10- <a href="#">Great Island Pond Cleanup</a><br/>1p- <a href="#">Beginner Mahjong</a></p> |
| <p><b>14</b><br/>5p-<a href="#">Books for Cooks</a></p>  | <p><b>15</b><br/>8:45a-<a href="#">Writing from the Heart</a><br/>10a-<a href="#">Creative Stitchery</a><br/>11:00a-<a href="#">Teachings Unseen Wld</a><br/>12:30p-<a href="#">Swiss Bridge</a><br/>1p-<a href="#">Ping Pong</a><br/>1p-<a href="#">Chess</a><br/>2p-<a href="#">Mystery Book Club</a><br/>4p-<a href="#">Mahjong</a><br/>6p-<a href="#">Sound Bath</a><br/>7p-<a href="#">Art Association</a></p> | <p><b>16</b><br/>9a-<a href="#">Art Studio</a><br/>11a-<a href="#">Writers Circle</a><br/>11:30a-<a href="#">Quilt Club</a><br/>12p-<a href="#">Con Moto Practice</a><br/>2p-<a href="#">Tuesday Bridge</a><br/>4p-<a href="#">Meditation @ The MarQ</a><br/>6:30p-<a href="#">Solar Advocacy Group</a></p>  | <p><b>17</b><br/>9a-<a href="#">Acrylic Class</a><br/>12:30p-<a href="#">Duplicate Bridge</a><br/>1p- <a href="#">Wednesday Writers Group</a><br/>1p-<a href="#">Ping Pong</a><br/>3p-<a href="#">New Resident Orientation</a><br/>6:30-<a href="#">American Civil War</a><br/>6:30-<a href="#">Glee Club-GI*</a></p> | <p><b>18</b><br/>12:30p-<a href="#">Bonjour French</a><br/>1p-<a href="#">Chess</a><br/>2p-<a href="#">Well Read Book Club</a><br/>4p-<a href="#">Foreign Affairs</a></p>   | <p><b>19</b><br/>10a-<a href="#">Cribbage</a><br/>11:30-<a href="#">Healthy Cooking</a><br/>1p-<a href="#">Friday Bridge</a><br/>1p-<a href="#">Ping Pong</a><br/>7p-<a href="#">Forever Song Circle</a><br/>7p- <a href="#">Friday Night Pitch</a></p> | <p><b>20</b><br/>9a- <a href="#">Swimming GI Pond</a><br/>10a-<a href="#">Solo Travel Club</a><br/>1p- <a href="#">Beginner Mahjong</a></p>  |
| <p><b>21</b></p>   | <p><b>22</b><br/>8:45a-<a href="#">Writing from the Heart</a><br/>10a-<a href="#">Creative Stitchery</a><br/>11:00a-<a href="#">Teachings Unseen Wld</a><br/>12:30p-<a href="#">Swiss Bridge</a><br/>1p-<a href="#">Ping Pong</a><br/>1p-<a href="#">Chess</a><br/>4p-<a href="#">Mahjong</a><br/>7p- <a href="#">Stonebridge Club Readers</a><br/>7p-<a href="#">Wine Club</a></p>                                 | <p><b>23</b><br/>9a-<a href="#">Art Studio</a><br/>11:30a-<a href="#">Quilt Club</a><br/>12p-<a href="#">Con Moto Practice</a><br/>2p-<a href="#">Tuesday Bridge</a><br/>4p-<a href="#">Meditation @ The MarQ</a><br/>4:05p-<a href="#">The New Yorker Discussion</a><br/>4:30p- <a href="#">French Conversation</a><br/>6:30p-<a href="#">Bunco IV</a></p>  | <p><b>24</b><br/>9a-<a href="#">Acrylic Class</a><br/>12:30p-<a href="#">Duplicate Bridge</a><br/>1p- <a href="#">Wednesday Writers Group</a><br/>1p-<a href="#">Ping Pong</a><br/>6p- <a href="#">Cabana Room Players</a><br/>7p- <a href="#">Glee Club -GI*</a><br/>7p-<a href="#">Speakers Group</a></p>           | <p><b>25</b><br/>8:30a- <a href="#">Bird Brains</a><br/>12:30p-<a href="#">Bonjour French</a><br/>1p-<a href="#">Chess</a><br/>1p-<a href="#">Classic Movie</a><br/>4p-<a href="#">Reading the Short Story</a><br/>4p-<a href="#">State of the World</a><br/>6p-<a href="#">Precinct 15 Meeting</a></p>                       | <p><b>26</b><br/>10a-<a href="#">Cribbage</a><br/>1p-<a href="#">Friday Bridge</a><br/>1p-<a href="#">ALTOS</a><br/>1p-<a href="#">Ping Pong</a></p>  | <p><b>27</b><br/>9a- <a href="#">Swimming GI Pond</a><br/>1p-<a href="#">Beginner Mahjong</a></p>  |
| <p><b>28</b></p>   | <p><b>29</b><br/>8:45a-<a href="#">Writing from the Heart</a><br/>10a-<a href="#">Creative Stitchery</a><br/>11:00a-<a href="#">Teachings Unseen Wld</a><br/>12:30p-<a href="#">Swiss Bridge</a><br/>1p-<a href="#">Ping Pong</a><br/>4p-<a href="#">Mahjong</a></p>  | <p><b>30</b><br/>9a-<a href="#">Art Studio</a><br/>11:30a-<a href="#">Quilt Club</a><br/>12p-<a href="#">Con Moto Practice</a><br/>2p-<a href="#">Tuesday Bridge</a><br/>4p-<a href="#">Meditation @ The MarQ</a></p>  | <p><b>31</b><br/>9a-<a href="#">Acrylic Class</a><br/>12:30p-<a href="#">Duplicate Bridge</a><br/>1p-<a href="#">Ping Pong</a><br/>7p- <a href="#">Glee Club -*GI</a></p>   |   |   |  |

## [Fitness Class Schedule](#)

### Group Resistance Training

MWF @ 7:30a

### Total Body Fitness

MWF @ 8:45a

### Yoga AM

MWF @10:15a

Sat @ 9:00a

### Tai Chi

T&Th @ 9a

### Flex & Strength

T @ 10:30a

### Stretch

Th @ 10:15a

### Water Aerobics

Wed @ 10:15a

Mon @ 5p

### Gym Hours

5a-11p

Alternate Wednesdays

7a-11p

\*GI - Great Island

Updated 07/02/24