

July 2025 Lapham Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9 Beg. MJ 10 Coffee with a Cop	2	3	4 LAPHAM CLOSED
7	8 2 Price is Right	9 10 Chat with Nancy Greary 5 Pizza on the Patio	10 Medicare Counseling	11 11 Health Chat
14	15 11 Art Gottlieb: Electric Boat Company	16	17 1 Life reimagined	18
21	22 11 Art Gottlieb: Pratt and Whitney 2:30 World Bk Group: Citizens of London	23	24 Medicare Counseling	25
28	29	30	31	

Weekly Classes

Monday	Tuesday	Wednesday	Thursday	Friday
9 Art with Aggie	8:30 Beg. Pilates	10:30 Tai Chi	8:30 Beg. Pilates	8:30 NC Sentinel
10 Balance and Posture	9 Crafting with Aggie	12:30 BP and Blood Sugar	9:15 U.S. Constitution	Coffee
10 Supervised Play	9:15 History	Testing	9:45 Yoga Fusion	10 Beg. Bridge
10:30 Entertainers with Mark Albertson	9:30 Crafty Tuesdays	1:30 Uke Players	10 Acrylic painting	
11 Moving with Arthritis	9:45 Pilates on the ball	1:30 Qigong	11 Muscles in Motion	
12 Fit for Life	11 Muscles in Motion	2 Billiards	12 Chair Fitness	
	12 Cardio Plus	2 Rummikub Open Play	1 Drop-in MJ	
	1 Art Appreciation	2:30 NCMC Yoga		
		5 Mahjongg open play		
12:30 Woodcarving				
1:15 Super Stretch				
2 Sit and Stitch				
2:30 NCMC Yoga				
2:30 Music Appreciation				