*C-NET Board of Directors Meeting (July 16, 2024)*

Wednesday, July 24 – 8:00 p.m.

Thursday, July 25 – 12:00 p.m.

Friday, July 26 – 12:00 a.m. & 4:00 p.m.

Sunday, July 28 – 7:00 a.m. & 8:00 p.m.

*Chair Yoga*

Monday, July 22 – 8:30 a.m. & 6:00 p.m.

Tuesday, July 23 – 6:30 a.m. & 8:30 a.m.

Wednesday, July 24 – 8:30 a.m.

Thursday, July 25 – 5:00 p.m.

Saturday, July 27 – 8:30 a.m.

*Gentle Yoga*

Monday, July 22 – 6:00 a.m. & 10:00 a.m.

Tuesday, July 23 – 6:00 p.m.

Friday, July 26 – 6:00 a.m. & 10:00 a.m.

Saturday, July 27 – 6:00 a.m.

Sunday, July 28 – 6:00 a.m.

*Juneteenth Celebration 2024: Art Gallery Exhibition and Block Party (June 14 & 15, 2024)*

Monday, July 22 – 7:00 p.m.

Wednesday, July 24 – 3:00 p.m.

Thursday, July 25 – 7:00 a.m.

Friday, July 26 – 11:00 a.m.

Saturday, July 27 – 9:00 a.m. & 8:00 p.m.

*Moving Freely*

Monday, July 22 – 7:00 a.m.

Tuesday, July 23 – 5:00 p.m.

Wednesday, July 24 – 7:00 a.m.

Friday, July 26 – 7:00 a.m.

*Strength Training for Senior Citizens*

Tuesday, July 23 – 7:00 a.m. & 4:00 p.m.

Thursday, July 25 – 4:00 p.m.

Friday, July 26 – 9:00 a.m.

Saturday, July 27 – 7:00 a.m.

*White House Chronicle*

Monday, July 22 – 5:00 p.m.

Thursday, July 25 – 6:30 p.m.

Saturday, July 27 – 5:30 a.m.

*Zesty Chair Exercises*

Monday, July 22 – 8:00 a.m. & 5:30 p.m.

Tuesday, July 23 – 8:00 a.m.

Wednesday, July 24 – 8:00 a.m.

Thursday, July 25 – 5:30 p.m.

Friday, July 26 – 8:00 a.m.

Saturday, July 27 – 8:00 a.m.

Sunday, July 28– 2:30 p.m.