

South Haven Activities June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:00-10:30 Coffee Time 8:30-10:00 Chair Volleyball 10:00-2:30 Cards & Games 10:30-11:30 Tai Chi 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:30-2:30 Cornhole 1:30-2:30 Yoga	2 8:00-10:30 Coffee Time 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Seated Strength 12:30-1:15 Fitness Drumming 12:30-2:30 Yarn 1-Chat 2 1:30-2:15 Pilates	3 8:00-10:30 Coffee Time 8:45-9:55 Healthy Habits 9:30-12:00 Arts & Crafts 9:30-2:30 Canasta 10:00-1:00 Mahjong 10:45-11:30 Core & Cardio 12:30-1:15 Gentle Fitness 1:30-2:30 Cornhole 1:30-2:30 Yoga	4 8:00-10:30 Coffee Time 9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 10:30-11:45 Line Dancing 12:30-1:15 Fitness Drumming 1:30-2:15 Pilates 1:30-2:30 Smashin' Strawberries	5 8:00-10:30 Coffee Time 8:15-9:15 Welcome to Yoga 9:30-10:15 Tai Chi Refresh 10:00-2:00 Mahjong 10:30-11:30 Bingo 10:45-11:30 Core & Cardio 11:00-12:00 First Friday Music 12:00-2:30 Euchre 12:30-2:00 Chair Volleyball 12:30-2:30 Friday Knitters
8 8:00-10:30 Coffee Time 8:30-10:00 Chair Volleyball 10:00-11:15 Flourishing Friends Widows Group 10:00-2:30 Cards & Games 10:30-11:30 Tai Chi 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:30-2:30 Cornhole 1:30-2:30 Yoga	9 8:00-10:30 Coffee Time 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Seated Strength 12:30-1:15 Fitness Drumming 12:30-2:30 Yarn 1-Chat 2 1:30-2:15 Pilates	10 8:00-10:30 Coffee Time 8:45-9:55 Healthy Habits 9:30-12:00 Arts & Crafts 9:30-2:30 Canasta 10:00-1:00 Mahjong 10:45-11:30 Core & Cardio 12:30-1:15 Gentle Fitness 1:30-2:30 Cornhole 1:30-2:30 Yoga	11 8:00-10:30 Coffee Time 9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 10:30-11:45 Line Dancing 12:30-1:15 Fitness Drumming 1:30-2:15 Intro to Tai Chi 1:00-2:00 Grief Support Group 1:30-2:15 Pilates	12 8:00-10:30 Coffee Time 8:15-9:15 Welcome to Yoga 9:30-10:15 Tai Chi Refresh 10:00-2:00 Mahjong 10:30-11:30 Bingo 10:45-11:30 Core & Cardio 12:00-2:30 Euchre 12:30-2:00 Chair Volleyball 12:30-2:30 Friday Knitters 12:30 Movie-Jerry & Marge Go Large
15 8:00-10:30 Coffee Time 8:30-10:00 Chair Volleyball 10:00-2:30 Cards & Games 10:30-11:30 Tai Chi 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:30-2:30 Cornhole 1:30-2:30 Yoga	16 8:00-10:30 Coffee Time 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Seated Strength 11:30-1:00 Route 66 JOY Group (Just Older Youth) 12:30-1:15 Fitness Drumming 12:30-2:30 Yarn 1-Chat 2 1:30-2:15 Pilates	17 8:00-10:30 Coffee Time 8:45-9:55 Healthy Habits 9:30-12:00 Arts & Crafts 9:30-2:30 Canasta 10:00-1:00 Mahjong 10:45-11:30 Core & Cardio 12:30-1:15 Gentle Fitness 1:00-2:00 Visually Impaired 1:30-2:30 Cornhole 1:30-2:30 Yoga	18 8:00-10:30 Coffee Time 9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 10:30-11:45 Line Dancing 10:30-11:30 Public Benefits for Older Adults 11:00-12:00 Third Thursday Music 12:30-1:15 Fitness Drumming 1:30-2:15 Intro to Tai Chi 1:30-2:15 Pilates	Closed Staff In service
22 8:00-10:30 Coffee Time 8:30-10:00 Chair Volleyball 10:00-11:15 Flourishing Friends Widows Group 10:00-2:30 Cards & Games 10:30-11:30 Tai Chi 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:30-2:30 Cornhole 1:30-2:30 Yoga	23 8:00-10:30 Coffee Time 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Seated Strength 12:30-1:15 Fitness Drumming 12:30-2:30 Yarn 1-Chat 2 1:30-2:15 Pilates	24 8:00-10:30 Coffee Time 8:45-9:55 Healthy Habits 9:30-12:00 Arts & Crafts 9:30-2:30 Canasta 10:00-1:00 Mahjong 10:45-11:30 Core & Cardio 12:30-1:15 Gentle Fitness 1:30-2:30 Cornhole 1:30-2:30 Yoga	25 8:00-10:30 Coffee Time 9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 10:30-11:45 Line Dancing 12:30-1:15 Fitness Drumming 1:30-2:15 Intro to Tai Chi 1:30-2:15 Pilates	26 8:00-10:30 Coffee Time 8:15-9:15 Welcome to Yoga 9:30-10:15 Tai Chi Refresh 10:00-2:00 Mahjong 10:30-11:30 Bingo 10:45-11:30 Core & Cardio 12:00-2:30 Euchre 12:30-2:00 Chair Volleyball 12:30-2:30 Friday Knitters
29 8:00-10:30 Coffee Time 8:30-10:00 Chair Volleyball 10:00-2:30 Cards & Games 10:30-11:30 Tai Chi 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:30-2:30 Cornhole 1:30-2:30 Yoga	30 8:00-10:30 Coffee Time 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Seated Strength 12:30-1:15 Fitness Drumming 12:30-2:30 Yarn 1-Chat 2 1:30-2:15 Pilates		PICKLEBALL 8-11:00 M-F All Skill Level 11-2:00 M-W-F Intermediate Play 11-2:00 T-TH Intermediate Women 2-3:00 M-F Beginners only CLASSES Classes are subject to change (day, time and/or location)	COMPUTER LAB Open Monday-Friday with skilled help Onsite: M-T-W 9:30-2:30 TH-F 9:30-11:30 Or by appointment WALKING PATH The walking path is available Monday-Friday 8-3:00 11 times around is a mile