

# AUGUST 2018

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|--|---|--|--|---|
| 8-9 Silver Sneakers<br>8:30-4 Card Playing<br>9-10 SilverSneakers<br>9-4:30 Billiards<br>9-10 Sing A Long<br>10-11:30 Brain Games<br>10:00-2 Open Pottery<br>12:30-1:30 Stretch 4 Life<br>1:15-3:15 Bridge<br>1:30-3:00 Line Dancing<br>3:00-4:00 Beginners Line Dance | 9-4:30 Billiards<br>9-10 Enhance Fitness<br>10-11:30 Brain Games<br>10:30-12 Bible Study<br>9:00-12:00 Piano Lessons<br>1-2:30 BDOMLSF<br>2-4:00 Member Computer Time | 8-9 SilverSneakers<br>8:30-4 Card Playing<br>8:30 Massage Therapy<br>9-10 SilverSneakers<br>9-4:30 Billiards<br>10-11:30 Brain Games<br>10-12 Songsters Unlimited<br>12:30-1 Stretch 4 Life<br>1:00-4:00 Pottery Class<br>2:30-4:30 Rubberstamping | 8:30-4 Card Playing<br>9-10 Enhance Fitness<br>9-4:30 Billiards<br>9:30-11 Computer Club<br>9-12 Piano Lessons<br>10-11:30 Brain Health Workshop<br>10-11:30 Brain Games<br>10-12 Knit & Crochet<br>10:45-12 Poetry & Discussion<br>1-2:30 Spanish Class<br>1-2:30: Line Dance<br>1-3 Senior Environment<br>2:00-3:30 Spanish<br>2:30-3:30 Adult Coloring<br>2-4:00 Member Computer Time | 8-9 SilverSneakers<br>8:30-4 Card Playing<br>8:30-4:30 Massage Therapy<br>9-10 SilverSneakers<br>9-12 Painting w/ Jim<br>9-4:30 Billiards<br>10-11:30 BrainGames<br>9:30-11:30 Men's Gathering<br>10:15-11:30 Yoga<br>12:00-4Open Pottery<br>1-2:30 Sewing Class<br>1:00-3 Movie Time |
|  |   | 1  | 2  | 3   |
| 6  | 7   | 8  | 9<br><b>1:00pm National Book Lovers Day!</b>   | 10  |
| 13   | 14  | 15<br><b>12:00pm Laughter Lunch</b>  | 16<br><b>Harriet Tubman Tour Trip</b>  | 17  |
| 20<br><b>1:00pm Cell Phone Workshop</b>  | 21  | 22   | 23   | 24  |
| 27<br><b>Ladore</b>  | 28<br><b>Ladore<br/>1:00 African American Journey</b>   | 29<br><b>Ladore</b>  | 30<br><b>Ladore</b>  | 31<br><b>Ladore</b>   |