



August

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 Kayak Club Yoga 8:30-9:45 Better Balance 10:00-11:00 Lunch 12:00 Tai Chi Level 3 1:30-2:30 Tai Chi Beginner 2:30-3:30	2 Bone Builders 9:30-10:30 Learn to Knit 9:30-11 Tai Chi Practice 10:45-11:30	3 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Ballroom Dance 7:30-8:30	4
5	6 Better Balance 10-11 Lunch 12:00 Bridge 1-4 Sewing Circle 1-3 Dance for Health 4:15-5:00	7 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 Line Dance 12:00-1:00 Lunch 12:00 Dominoes 1 :00 Tai Chi Practice 1:30-3 Quit Smoking 5-6 Ballroom Dance 7:00	8 Kayak Club Yoga 8:30-9:45 Better Balance 10:00-11:00 Lunch 12:00 Tai Chi Level 3 1:30-2:30 Tai Chi Beginner 2:30-3:30	9 Bone Builders 9:30-10:30 Learn to Knit 9:30-11 Tai Chi Practice 10:45-11:30	10 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00 Ballroom Dance 7:30-8:30	11
12	13 Better Balance 10-11 Knitter's Network 10-11:30 Lunch 12:00 Bridge 1-4 Sewing Circle 1-3 Dance for Health 4:15-5:00	14 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 SASH 11:00 "Hyperthermia" Lunch 12:00 Line Dance 12:00-1:00 Dominoes 1 :00 Tai Chi Practice 1:30-3 Quit Smoking 5-6 Ballroom Dance 7:00	15 Kayak Club Yoga 8:30-9:45 Better Balance 10:00-11:00 Lunch 12:00 Tai Chi Level 3 1:30-2:30 Tai Chi Beginner 2:30-3:30	16 Bone Builders 9:30-10:30 Learn to Knit 9:30-11 Tai Chi Practice 10:45-11:30 Tai Chi at the Lake 5:15-6:00	17 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00 Ballroom Dance 7:30-8:30	18
19	20 Better Balance 10-11 Lunch 12:00 Bridge 1-4 Sewing Circle 1-3 Dance for Health 4:15-5:00	21 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 Lunch 12:00 Line Dance 12:00-1:00 Dominoes 1:00 Tai Chi Practice 1:30-3 Quit Smoking 5-6 Ballroom Dance 7:00	22 Kayak Club Yoga 8:30-9:45 Better Balance 10:00-11:00 Lunch 12:00 Tai Chi Level 3 1:30-2:30 Tai Chi Beginner 2:30-3:30	23 Bone Builders 9:30-10:30 Learn to Knit 9:30-11 Cemetery Walk 9:45 Tai Chi Practice 10:45-11:30 Ukulele Club 6:30 -9:00	24 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00 Ballroom Dance 7:30-8:30	25
26	27 Better Balance 10-11 Knitter's Network 10-11:30 Lunch 12:00 Bridge 1-4 Sewing Circle 1-3 No Dance for Health	28 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 Lunch 12:00 Line Dance 12:00-1:00 Dominoes 1:00 Tai Chi Practice 1:30-3 Quit Smoking 5-6 Ballroom Dance 7:00	29 Kayak Club Yoga 8:30-9:45 Better Balance 10:00-11:00 Birthday Lunch 12:00 Tai Chi Level 3 1:30-2:30 Tai Chi Beginner 2:30-3:30 SUN 73 Tai Chi 5:15	30 Bone Builders 9:30-10:30 Learn to Knit 9:30-11 Tai Chi Practice 10:45-11:30	31 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00 Ballroom Dance 7:30-8:30	