

August 2019 Calendar of Events

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 Bone Builders 9:30-10:30 Learn to Knit 9:30-11:00 Matter of Balance 10:00-12:00 Tai Chi Practice 10:45-11:30 Adv. Tai Chi 1:15-2:00 Ukulele Club 6:00 -8:30	2 Coffee Hour 9:00-11:00 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00	3
4	5 Better Balance 10-11 LUNCH 12:00 Bridge 1-4 Sewing Circle 1-3 Dance for Health 4-5 SUN 73 5:15- 5:45 Yang 24 Tai Chi 5:45-6:45 Bocce 6:00	6 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 LUNCH&LEARN Sea Glass Art 11:00 Dominoes 1 :00 Tai Chi Prac. 1:30-3 Creative Writing 3:00-4:30	7 Yoga 8:30-9:45 Kayak Club Better Balance 10-11 LUNCH 12:00 Bocce 6:00	8 Bone Builders 9:30-10:30 Learn to Knit 9:30-11:00 Matter of Balance 10:00-12:00 Tai Chi Practice 10:45-11:30 Adv. Tai Chi 1:15-2:00	9 Coffee Hour 9:00-11:00 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00	10
11	12 Better Balance 10-11 Knitters Network 10:00-11:00 LUNCH 12:00 Bridge 1-4 Sewing Circle 1-3 Dance for Health 4-5 SUN 73 5:15- 5:45 Yang 24 Tai Chi 5:45-6:45 Bocce 6:00	13 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 LUNCH 12:00 Line Dance 12-1:00 Dominoes 1 :00 Tai Chi Prac. 1:30-3 Creative Writing 3-4:30	14 Yoga 8:30-9:45 Kayak Club Better Balance 10-11 LUNCH 12:00 Tai Chi at the Lake 5:15 Bocce 6:00	15 Bone Builders 9:30-10:30 Learn to Knit 9:30-11:00 Matter of Balance 10:00-12:00 Tai Chi Practice 10:45-11:30 Adv. Tai Chi 1:15-2:00 Ukulele Club 6:00 -8:30	16 Coffee Hour 9:00-11:00 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00 Genealogy 1:00	17
18	19 Better Balance 10-11 LUNCH 12:00 Bridge 1-4 Sewing Circle 1-3 Dance for Health 4-5 SUN 73 5:15- 5:45 Yang 24 Tai Chi 5:45-6:45 Bocce 6:00	20 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 LUNCH 12:00 Line Dance 12-1:00 Dominoes 1 :00 Tai Chi Prac. 1:30-3 Creative Writing 3-4:30	21 Yoga 8:30-9:45 Kayak Club Better Balance 10-11 BIRTHDAY LUNCH 12:00 SASH Diabetes 1:00 Bocce 6:00	22 Bone Builders 9:30-10:30 Learn to Knit 9:30-11:00 Matter of Balance 10:00-12:00 Tai Chi Practice 10:45-11:30 Adv. Tai Chi 1:15-2:00	23 Coffee Hour 9:00-11:00 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00	24
25	26 Better Balance 10-11 Knitters Network 10:00-11:00 LUNCH 12:00 Bridge 1-4 Sewing Circle 1-3 Dance for Health 4-5 SUN 73 5:15- 5:45 Yang 24 Tai Chi 5:45-6:45 Bocce 6:00	27 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 LUNCH 12:00 Line Dance 12-1:00 Dominoes 1 :00 Tai Chi Prac. 1:30-3 Creative Writing 3-4:30	28 Yoga 8:30-9:45 Kayak Club Better Balance 10-11 LUNCH 12:00 Tai Chi at the Lake 5:15 Bocce 6:00	29 Bone Builders 9:30-10:30 Learn to Knit 9:30-11:00 Matter of Balance 10:00-12:00 Tai Chi Practice 10:45-11:30 Adv. Tai Chi 1:15-2:00	30 Coffee Hour 9:00-11:00 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00	