

August 2021 CCC Activity Calendar

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 Walk 9:00 Tai Chi for Falls Prevention -Beginners 9:30 Knitters 10:30 Better Balance 1:00 Bridge	3 Walk 9:00 Bone Builders 10:30 Tai Chi Practice 3:00 NO Creative Writing today	4 Walk 9:30 Kayak 8:30-9:45 Yoga 10:30 Better Balance 11:00-12:00 BLOOD PRESSURE SCREENING 4:00 Great Courses Churchill- Zoom	5 Walk 9:00 Bone Builders 9:30 Knitters 10:30 Tai Chi Fall Prevention Review 1:15 SUN 73 Tai Chi 5:30 Ukulele	6 Walk 9:00 Coffee Hour 9:30 Mah Jongg 10:30 Better Balance 11:00 Scrabble <i>Send your Walking Challenge distance to homested@shoreham.net</i>	7 Walk
8	9 Walk 9:00 Tai Chi for Falls Prevention -Beginners 9:30 Knitters 10:30 Better Balance 1:00 Bridge	10 Walk 9:00 Bone Builders 10:30 Tai Chi Practice 3:00 Creative Writing	11 Walk 9:30 Kayak 8:30-9:45 Yoga 10:30 Better Balance 4:00 NO Great Courses	12 Walk 9:00 Bone Builders 9:30 Knitters 10:30 Tai Chi Fall Prevention Review 1:15 SUN 73 Tai Chi	13 Walk 9:00 Coffee Hour 9:30 Mah Jongg 10:30 Better Balance 11:00 Scrabble <i>Send your Walking Challenge distance to homested@shoreham.net</i>	14 Walk
15	16 Walk 9:00 Tai Chi for Falls Prevention -Beginners 9:30 Knitters 10:30 Better Balance 1:00 Bridge	17 Walk 9:00 Bone Builders 10:30 Tai Chi Practice 3:00 Creative Writing	18 Walk 9:30 Kayak 8:30-9:45 Yoga 10:30 Better Balance 12:00 PICNIC ON THE LAWN 4:00 NO Great Courses	19 Walk 9:00 Bone Builders 9:30 Knitters 10:30 Tai Chi Fall Prevention Review 1:15 SUN 73 Tai Chi 5:30 Ukulele 1:00-3:00 RAVNAH FOOT CLINIC <u>by appointment</u>	20 Walk 9:00 Coffee Hour 9:30 Mah Jongg 10:30 Better Balance 11:00 Scrabble <i>Send your Walking Challenge distance to homested@shoreham.net</i>	21 Walk
22	23 Walk 9:00 NO Tai Chi 9:30 Knitters 10:30 Better Balance 1:00 Bridge	24 Walk 9:00 Bone Builders 10:30 NO Tai Chi 3:00 Creative Writing	25 Walk 9:30 Kayak 8:30-9:45 Yoga 10:30 Better Balance 4:00 Great Courses Winston Churchill- Zoom	26 Walk 9:00 Bone Builders 9:30 Knitters 10:30 NO Tai Chi 1:15 SUN 73 Tai Chi	27 Walk 9:00 Coffee Hour 9:30 Mah Jongg 10:30 Better Balance 11:00 Scrabble <i>Send your Walking Challenge distance to homested@shoreham.net</i>	28 Walk
29	30 Walk 9:00 Tai Chi for Falls Prevention -Beginners 9:30 Knitters 10:30 Better Balance 1:00 Bridge	31 Walk 9:00 Bone Builders 10:30 Tai Chi Practice 3:00 Creative Writing				

Refer to program descriptions in the Newsletter for details