



# August 2022 Programs



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<b>1</b> 10:30 Better Balance 12:00 CCC Dinner 1:00 Line Dance 1:00 Bridge	<b>2</b> 9:00 Bone Builders 10:30 Tai Chi Practice 3:00 Creative Writing 7:30 WAA	<b>3</b> 8:30 Yoga 9:30 Kayak Club 10:30 Better Balance 12:00 CCC Dinner 1:30 Great Courses Theory of Evolution	<b>4</b> 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Fall Prevent Tai Chi 1:00 Matter of Balance 1:15 SUN 73 Tai Chi 6:00 Ukulele	<b>5</b> 9:00-11 Coffee Hour 10:30 Better Balance <i>Send your            walking miles</i>	<b>6</b>
<b>7</b> 7:30 AA	<b>8</b> 10:30 Better Balance 12:00 CCC Dinner 1:00 Line Dance 1:00 Bridge	<b>9</b> 9:00 Bone Builders 10:30 Tai Chi Practice 3:00 Creative Writing 7:30 WAA	<b>10</b> 8:30 Yoga 9:30 Kayak Club 10:30 Better Balance 11:30 SASH Blood Pressure Screening 12:00 PICNIC ON THE LAWN 1:30 Great Courses Theory of Evolution	<b>11</b> 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Fall Prevent Tai Chi 1:00 Matter of Balance 1:15 SUN 73 Tai Chi	<b>12</b> 9:00-11 Coffee Hour 10:30 Better Balance <i>Send your            walking miles</i>	<b>13</b>
<b>14</b> 7:30 AA	<b>15</b> 9:00 Hiking Club 10:30 Better Balance 12:00 CCC Dinner 1:00 Line Dance 1:00 Bridge	<b>16</b> 9:00 Bone Builders 10:30 Tai Chi Practice 1:00 Sea Shell Night Light Workshop 3:00 Creative Writing 7:30 WAA	<b>17</b> 8:30 Yoga 9:30 Kayak Club 10:30 Better Balance 12:00 CCC Dinner 1:30 Great Courses Theory of Evolution	<b>18</b> 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Fall Prevent Tai Chi 1:00-3:00 Foot Clinic 1:00 Matter of Balance 1:15 SUN 73 Tai Ch 6:00 Ukulele	<b>19</b> 9:00-11 Coffee Hour 10:30 Better Balance 12:00 Outdoor Game Day <i>Send your            walking miles</i>	<b>20</b>
<b>21</b> 7:30 AA	<b>22</b> 10:30 Better Balance 12:00 BIRTHDAY DINNER 1:00 Line Dance 1:00 Bridge	<b>23</b> 9:00 BOARD OF DIRECTORS MEET 9:00 Bone Builders 10:30 Tai Chi Practice 3:00 Creative Writing 7:30 WAA	<b>24</b> 8:30 Yoga 9:30 Kayak Club 10:30 Better Balance 12:00 CCC Dinner 1:30 Great Courses Theory of Evolution	<b>25</b> 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree 11:30 Fall Prevent Tai Chi 1:00 Matter of Balance 1:15 SUN 73 Tai Chi	<b>26</b> 9:00-11 Coffee Hour 10:30 Better Balance <i>Send your            walking miles</i>	<b>27</b>
<b>28</b> 7:30 AA	<b>29</b> 9:00 Hiking Club 10:30 Better Balance 12:00 CCC Dinner 1:00 Line Dance 1:00 Bridge	<b>30</b> 9:00 Bone Builders 10:30 Tai Chi Practice 3:00 Creative Writing 7:30 WAA	<b>31</b> 8:30 Yoga 9:30 Kayak Club 10:30 Better Balance 12:00 CCC Dinner 1:30 Great Courses Theory of Evolution			

Refer to the program descriptions for details