

August 2022

Senior Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
1 9AM Tai Chi 9AM-12PM Hand & Foot	2 9:15AM Total Fit 12:30PM Party Bridge	3 9AM-12PM Hand & Foot 11:30AM Shoe Guy 12PM MMOW LUNCHEON	4 9AM Essentrics Stretch & Tone 12PM Duplicate Bridge 1PM Craft and Creation Bunch 7PM Pickin&Grinnin'	5 9AM Pilates
8 9AM Tai Chi 9AM-12PM Hand & Foot 1PM Cash Bingo	9 9:15AM Total Fit 12:30PM Party Bridge	10 9AM-12PM Hand & Foot 11:30AM Traveling Trunk with Stacy 12PM MMOW LUNCHEON BINGO	11 9AM Essentrics Stretch & Tone 12PM Duplicate Bridge 1PM Craft and Creation Bunch 7PM Pickin&Grinnin'	12 9AM Pilates
15 9AM Tai Chi 9AM-12PM Hand & Foot	16 9:15AM Total Fit 12:30PM Party Bridge	17 9AM-12PM Hand & Foot 12PM MMOW LUNCHEON	18 9AM Essentrics Stretch & Tone 12PM Duplicate Bridge 1PM Craft and Creation Bunch 7PM Pickin&Grinnin'	19 9AM Pilates
22 9AM Tai Chi 9AM-12PM Hand & Foot 1PM Cash Bingo	23 9:15AM Total Fit 12:30PM Party Bridge	24 9AM-12PM Hand & Foot 11:30AM Blood Pressure Checks with Brandon Valora 12PM MMOW LUNCHEON BINGO	25 9AM Essentrics Stretch & Tone 12PM Duplicate Bridge 1PM Craft and Creation Bunch 7PM Pickin&Grinnin'	26 9AM Pilates TRIP: 9AM BRIT
29 9AM Tai Chi 9AM-12PM Hand & Foot	30 9:15AM Total Fit 12:30PM Party Bridge	31 9AM-12PM Hand & Foot 12PM MMOW LUNCHEON		