

August 2024

	Mon	Tue	Wed	Thu	Fri	
	S/B=Strength/Balance P-Ball=Pickleball P. Pong=Ping Pong Scrble=Scrabble D.Bridge=Duplicate Bridge			1 *Bingo 9:30 HKF, Fall WS 10:00 S/B, P. Pong 10:00 Busy Hands Grp 11:00 Strength/Balance 12:00 Lunch 12:45 P-Ball, Bingo	2 9:30 Vets Coffee 10:00 S/B, P. Pong 11:00 Beginner Zumba 11-12 Tech Time 12:00 Lunch 12:45 Pinochle	
	5 9:30 Bridge 10:00 D. Bridge, Dance 11:00 Chair Yoga 12:00 Lunch 12:45 Pitch, Bridge 12:45 Pickleball	6 10:00 Strength/Balance 11:00 Strength/Balance 12:00 Lunch 12:45 Mah Jong 12:45 Singing, P-Ball	7 9:30 Hand, Knee, Foot 10:00 H/F, Pilates 10:00 Duplicate Bridge 11:00 Int. Tai Chi 12:00 Lunch 12:45 Scrble, P-ball	8 9:30 HKF, Fall WS 10:00 S/B, P. Pong 10:00 Busy Hands Grp 11:00 Strength/Balance 12:00 Lunch 12:45 P-Ball	9 10:00 S/B, P. Pong 11:00 Beginner Zumba 11-12 Tech Time 12:00 Lunch 12:45 Pinochle, Fireside Friends	
	12 9:30 Bridge 10:00 D. Bridge, Dance 11:00 Chair Yoga 12:00 Lunch 12:45 Pitch, Bridge 12:45 Pickleball	13 *Birthday Bash 10:00 Strength/Balance 11:00 Strength/Balance 11:30 B-Day Reception 12:00 B-Day Lunch 12:45 Mah Jong 12:45 Singing Grp, P-ball	14 9:30 Hand, Knee, Foot 10:00 H/F, Pilates 10:00 Duplicate Bridge 11:00 Int. Tai Chi 12:00 Lunch 12:45 Scrble, P-ball	15 *Trivia Day 9:30 Hand, Knee, Foot 10:00 S/B, P. Pong 10:00 Busy Hands Grp 11:00 Strength/Balance 12:00 Lunch 12:45 P-ball	16 *No Tech Time 10:00 S/B, P. Pong 11:00 Beginner Zumba No Tech Time 12:00 Lunch 12:45 Pinochle	
	19 9:30 Bridge 10:00 D. Bridge, Dance 11:00 Chair Yoga 12:00 Lunch 12:45 Pitch, Bridge 12:45 Pickleball	20 *AARP: 9-4:30pm 10:00 Strength/Balance 11:00 Strength/Balance 12:00 Lunch 12:45 Mah Jong 12:45 Singing Group 12:34 Pickleball	21 9:30 Hand, Knee, Foot 10:00 H/F, Pilates 10:00 Duplicate Bridge 11:00 Int. Tai Chi 12:00 Lunch 12:45 Scrble, P-ball	22 *Picnic 9:30 Hand, Knee, Foot 10:00 Strength, P. Pong 10:00 Busy Hands Grp 11:00 Strength/Balance 12:00 Lunch 12:45 P-Ball	23 10:00 Ping Pong 11:00 Beginner Zumba 11-12 Tech Time 12:00 Lunch 12:45 Pinochle, Fireside Friends	
	26 *B. Club @ 12:45, Rev 9:30 Bridge 10:00 D. Bridge, Dance 11:00 Chair Yoga 12:00 Lunch 12:45 Pitch, Bridge 12:45 Pickleball	27 *AARP: 9am-4:30pm 10:00 Strength/Balance 11:00 Strength/Balance 12:00 Lunch 12:45 Mah Jong 12:45 Singing Group 12:45 Pickleball	28 9:30 Hand, Knee, Foot 10:00 H/F, Pilates 10:00 Duplicate Bridge 11:00 Int. Tai Chi 12:00 Lunch 12:45 Scrble, P-ball	29 *Bunko 9:30 Hand, Knee, Foot 10:00 Strength, P. Pong 10:00 Busy Hands Grp 11:00 Strength/Balance 12:00 Lunch 12:45 Bunko, P-Ball	30 10:00 Ping Pong 11:00 Beginner Zumba 11-12 Tech Time 12:00 Lunch 12:45 Pinochle	