

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	August	1 9:00a Garden Club 9:00a Meditation & Mindfulness 9:45a Yoga & Creativity 10:00a Italian Conversation 11:30a Yoga Class Tea & Socializing 12:30p Bridge (Rubber) 1:00p Chess 1:00p Square Dancing 3:20p Strength Training	2 9:30a Art 9:30a Exercise 10:00a Cribbage 10:45a French Conversation 11:00a Mens Discussion 11:30a Eating Together 1:30p Poetry Group 3:00p Yoga (Gentle) 6:30p Drop In Bridge/7:00p Bridge Class	3 8:00a Walking Club 10:30a Spanish Conv 12:30p Bridge (Rubber) 1:00p SHINE 3:30p Strength Training	4 9:30a Exercise 11:30a Eating Together 12:00p Line Dancing Beginners 1:00p Line Dancing Intermediate 1:00 TaiChi 3:00p Dance Fever
6	7 9:30a Exercise 10:45a Knitting 11:30a Eating Together 1:00p Mah Jongg	8 9:00a Garden Club 9:00a Meditation & Mindfulness 9:45a Yoga & Creativity 10:00a Italian Conversation 11:30a Yoga Class Tea & Socializing 12:30p Bridge (Rubber) 1:00p Chess 1:00p Square Dancing 3:20p Strength Training	9 9:30a Art 9:30a Exercise 10:00a Cribbage 10:45a French Conversation 11:30a Eating Together 11:30a Library Online 1:30p Poetry Group 3:00p Yoga (Gentle) 5:30p Community BINGO&Pizza 6:30p Drop In Bridge/7:00p Bridge Class	10 8:00a Walking Club 9:00a Manicures 9:30a Keep Well Clinic 10:30a Spanish Conv 12:30p Bridge (Rubber) 01:00p SHINE 03:30p Strength Training	11 9:30a Exercise 10:45a Science and Technology Discussion 11:30a Eating Together 12:00p Line Dancing Beginners 1:00p Birthday Celebration 1:00p Line Dancing Intermediate 1:00 TaiChi 3:00p Dance Fever
13	14 9:30a Exercise 11:00a Events Committee 11:30a Eating Together 1:00p Mah Jongg 1:00p Movies <i>Gone Baby Gone</i>	15 9:00a Garden Club 9:00a Meditation & Mindfulness 9:15a WSA Board Meeting 9:45a Yoga & Creativity 10:00a Italian Conversation 11:30a Yoga Class Tea & Socializing 12:30p Bridge (Rubber) 1:00p Chess 1:00p Square Dancing 3:20p Strength Training	16 9:30a Art 9:30a Exercise 10:00a Cribbage 10:45a French Conversation 11:00a Mens Discussion 11:30a Eating Together 3:00p Yoga (Gentle) 6:30p Drop In Bridge/7:00p Bridge Class	17 8:00a Walking Club 9:00a Newsletter Mailing 10:30a Spanish Conv 12:30p Bridge (Rubber) 1:00p SHINE 3:30p Strength Training	18 9:30a Exercise 1:30a Eating Together 12:00p Line Dancing Beginners 1:00p Line Dancing Intermediate 1:00 TaiChi 3:00p Dance Fever
20 01:00p Bridge (Duplicate) 01:00p Bridge Beginners	21 9:30a Exercise 10:45a Knitting 11:30a Eating Together 1:00p Mah Jongg	22 9:00a Garden Club 9:00a Meditation & Mindfulness 9:45a Yoga & Creativity 10:00a Italian Conversation 11:30a Yoga Class Tea & Socializing 12:30p Bridge (Rubber) 1:00p Chess 1:00p Square Dancing 3:20p Strength Training	23 9:30a Art 9:30a Exercise 10:00a Cribbage 10:45a French Conversation 11:30a Eating Together 1:30p Poetry Group 3:00p Yoga (Gentle) 4:30p Memory Cafe 5:30p Community BINGO & Pizza 6:30p Drop In Bridge/ 7:00p Bridge Class	24 8:00a Walking Club 9:00a Manicures 10:00a Caregivers Support 10:30a Spanish Conv 12:30p Bridge (Rubber) 1:00p SHINE 3:30p Strength Training	25 9:30a Exercise 10:45a Science & Technology 11:30a Eating Together 12:00p Line Dancing Beginners 1:00p Line Dancing Intermediate 1:00 TaiChi 3:00p Dance Fever
27	28 9:30a Exercise 11:30a Eating Together 1:00p Mah Jongg 1:00p Movies <i>The Best Years of Our Lives</i>	29 9:00a Garden Club 9:00a Meditation & Mindfulness 9:45a Yoga & Creativity 10:00a Italian Conversation 11:30a Yoga Class Tea & Socializing 12:30p Bridge (Rubber) 1:00p Chess 1:00p Square Dancing 3:20p Strength Training	30 9:30a Art 9:30a Exercise 10:00a Cribbage 10:45a French Conversation 11:00a Mens Discussion 11:30a Eating Together 1:30p Poetry Group 3:00p Yoga (Gentle)	31 8:00a Walking Club 10:30a Spanish Conv 12:30p Bridge (Rubber) 1:00p SHINE 3:30p Strength Training	

