

## AUGUST 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 11:00 Gentle Yoga 12:30 – 3:00 Movies 1:00 – 2:30 Aging Well Group 1:00 – 2:30 UKES Sing-Along 5:45 – 7:30 HAM Radio Group 6:30 – 9:00 Quilters Group	<b>2</b> 9:00 – 2:00 Sea Mar Community 9:00 – 4:30 Computer Lab 9:30 – 10:30 Chair Qigong 10:00 – 11:00 Conversational German 12:30 – 3:00 Cribbage 2:30 – 4:00 Rhythm & Hand Drumming	<b>3</b> 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 10:30 Walking Wednesdays 10:00 – 11:00 Balance & Strength 10:00 – 12:00 Party Bridge 11:00 – 12:30 Writing Group 1:00 – 3:00 Mahjong 6:30 – 8:30 Dance Time with Lauren	<b>4</b> 10:00 – 11:00 Tai Chi 10:00 – 11:30 Handwork 11:00 – 12:00 Medicare Presentation 12:00 – 3:00 Pinochle 12:00 – 4:00 Arts & Crafts Group 1:00 – 2:00 Film: Alaska-Yukon-Pacific Exposition 3:30 – 5:00 Legal Assistance with John Llewellyn By appointment: Tech Programming	<b>5</b> 9:00 – 10:00 Enhance Fitness 9:00 – 4:00 Foot Care Clinic 10:00 – 11:00 Balance & Strength 11:30 – 12:30 Hatha Yoga 12:30 – 1:30 Scrabble Club 1:00 – 2:00 Diabetic Support Group By appointment: Tech Programming
<b>8</b> 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 11:00 Gentle Yoga 11:00 – 12:00 Line Dancing 12:30 – 3:00 Movies 1:00 – 2:30 Aging Well Group 1:00 – 2:30 UKES Sing-Along	<b>9</b> 9:00 – 2:00 Sea Mar Community 9:00 – 4:30 Computer Lab 9:30 – 10:30 Chair Qigong 10:00 – 11:00 Conversational German 11:00 – 1:00 Coffee with Vets 12:30 – 2:30 Ice Cream Social 12:30 – 3:00 Cribbage 2:30 – 4:00 Rhythm & Hand Drumming	<b>10</b> 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 10:30 Walking Wednesdays 10:00 – 11:00 Balance & Strength 10:00 – 12:00 Party Bridge 11:00 – 12:30 Poetry Writing with Koon Woon 1:00 – 3:00 Mahjong	<b>11</b> 10:00 – 11:00 Tai Chi 10:00 – 11:30 Handwork 12:00 – 3:00 Pinochle 12:00 – 4:00 Arts & Crafts Group 1:00 – 2:30 Current Events Disc. Group 6:00 – 9:00 Second Thursday Out By appointment: Tech Programming	<b>12</b> 9:00 – 10:00 Enhance Fitness 10:00 – 11:00 Balance & Strength 11:30 – 12:30 Hatha Yoga 12:30 – 1:30 Scrabble Club 1:30 – 2:30 Book Club for Adventurous Readers By appointment: Tech Programming
<b>15</b> 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 11:00 Gentle Yoga 12:30 – 3:00 Movies 1:00 – 2:30 Aging Well Group 1:00 – 2:30 UKES Sing-Along 6:30 – 9:00 Quilters Group	<b>16</b> 9:00 – 2:00 Sea Mar Community 9:00 – 4:30 Computer Lab 9:30 – 10:30 Chair Qigong 10:00 – 11:00 Conversational German 12:30 – 3:00 Cribbage 2:30 – 4:00 Rhythm & Hand Drumming	<b>17</b> 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 10:30 Walking Wednesdays 10:00 – 11:00 Balance & Strength 10:00 – 12:00 Party Bridge 11:00 – 12:30 Writing Group 1:00 – 3:00 Mahjong 1:30 – 2:30 Caregivers Support Group	<b>18</b> 10:00 – 11:00 Tai Chi 10:00 – 11:30 Handwork 11:00 – 12:30 Medicare 1:1 Visits 12:00 – 3:00 Pinochle 12:00 – 4:00 Arts & Crafts Group 3:30 – 5:00 Legal Assistance with John Llewellyn By appointment: Tech Programming	<b>19</b> 9:00 – 10:00 Enhance Fitness 9:00 – 4:00 Foot Care Clinic 10:00 – 11:00 Balance & Strength 11:30 – 12:30 Hatha Yoga 12:30 – 1:30 Scrabble Club By appointment: Tech Programming
<b>22</b> 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 11:00 Gentle Yoga 12:30 – 3:00 Movies 1:00 – 2:30 Aging Well Group 1:00 – 2:30 UKES Sing-Along	<b>23</b> 9:00 – 2:00 Sea Mar Community 9:00 – 4:30 Computer Lab 9:30 – 10:30 Chair Qigong 10:00 – 11:00 Conversational German 12:30 – 3:00 Cribbage 2:30 – 4:00 Rhythm & Hand Drumming	<b>24</b> 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 10:30 Walking Wednesdays 10:00 – 11:00 Balance & Strength 10:00 – 12:00 Party Bridge 1:00 – 3:00 Mahjong	<b>25</b> 10:00 – 11:00 Tai Chi 10:00 – 11:30 Handwork 12:00 – 3:00 Pinochle 12:00 – 4:00 Arts & Crafts Group 1:00 – 2:30 Current Events Disc. Group By appointment: Tech Programming	<b>26</b> 9:00 – 10:00 Enhance Fitness 9:00 – 4:00 Dental Care Clinic 10:00 – 11:00 Balance & Strength 11:30 – 12:30 Hatha Yoga 12:30 – 1:30 Scrabble Club By appointment: Tech Programming
<b>29</b> 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 11:00 Gentle Yoga 11:00 – 12:00 Line Dancing 12:30 – 3:00 Movies 1:00 – 2:30 Aging Well Group 1:00 – 2:30 UKES Sing-Along	<b>30</b> 9:00 – 1:00 Sea Mar Community 9:00 – 4:30 Computer Lab 9:30 – 10:30 Chair Qigong 10:00 – 11:00 Conversational German 11:45 – 12:30 Birthday Lunch 12:30 – 3:00 Cribbage 2:30 – 4:00 Legal Assistance with Heather DeVrieze 2:30 – 4:00 Rhythm & Hand Drumming	<b>31</b> 9:00 – 10:00 Enhance Fitness 9:00 – 4:00 Foot Care Clinic 9:00 – 4:30 Computer Lab 10:00 – 10:30 Walking Wednesdays 10:00 – 11:00 Balance & Strength 10:00 – 12:00 Party Bridge 1:00 – 3:00 Mahjong		