

AUGUST 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	9:20 Attorney 9:30 Pinochle Instruction 9:30-10:15 Express Circuit 10:00-11:00 Line Dance 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 12:30 Movie Matinee "Paint" 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers 1:00-1:30 Better Balance	9:15- 10:00 SMILE 9:15 Memory Loss Support Group 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:15-11:00 Rhythm & Movement 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:00 Mah Jongg 1:00-1:30 Better Balance	9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:30-11:30 Yoga 10:30-12:00 Bunco 11:30-12:15 SMILE 12:30 Open Play 12:30-1:30 Yoga 1:00-3:00 Knit/Crochet 1:00-1:30 Better Balance	9:15 - 10:00 SMILE 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:15-11:00 Functional Training 10:15-11:15 Beginning Yoga 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:30 Open Play 12:30-3:00 Bingo 1:00-1:30 Better Balance
	1	2	3	4
9:15- 10:00 SMILE 9:15- 10:00 Asian Exercise 10:15-11:00 Functional Training 10:30-11:30 Life and Times of Apostle Paul 11:15-12:00 Cardio Fit 12:30 Bridge 1:00-3:00 Quilters 1:00-1:30 Better Balance	Put-In Bay Trip 9:15 Medicare Counseling 9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00-11:00 Line Dance 10:00 Hearing Aid Service 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers 1:00-1:30 Better Balance	9:15- 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:15- 11:00 Rhythm & Movement 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:00 Mah Jongg 1:00-1:30 Better Balance	9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:30-11:30 Yoga 10:30-12:00 Bunco 11:30-12:15 SMILE 12:30-1:30 Yoga 12:30 Open Play 1:00-3:00 Knit/Crochet 1:00-1:30 Better Balance	9:15- 10:00 SMILE 9:15 Benefits Check Up 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:30-3:00 Bingo 12:30 Open Play 1:00-1:30 Better Balance
7	8	9	10	11
9:15- 10:00 SMILE 9:15- 10:00 Asian Exercise 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:30 Bridge 1:00-1:30 Better Balance	9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00-11:00 Line Dancing 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 12:30-4:30 AARP Driver Safety 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers 1:00-1:30 Better Balance	9:15- 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:15- 11:00 Rhythm & Movement 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:00 Mah Jongg 1:00-1:30 Better Balance	Grand Rivers Trip 9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:00 Diabetes Management 10:30-11:30 Yoga 10:30-12:00 Bunco 11:15-12:30 Blood Pressure Check 11:30-12:15 SMILE 12:30 Open Play 12:30-1:30 Yoga 1:00-3:00 Knit/Crochet 1:00-1:30 Better Balance	9:15- 10:00 SMILE 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:30 Open Play 12:30-3:00 Bingo 1:00-1:30 Better Balance
14	15	16	17	18
9:15- 10:00 SMILE 9:15- 10:00 Asian Exercise 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:30 Bridge 1:00-1:30 Better Balance 1:00-3:00 Quilters	9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00-11:00 Line Dancing 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 12:30 Movie Matinee "Are You There God?" 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers 1:00-1:30 Better Balance 1:00 Low Vision Connection	9:15- 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:15- 11:00 Rhythm & Movement 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:00 Mah Jongg 1:00-1:30 Better Balance	9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:30-11:30 Yoga 10:30-12:00 Bunco 11:30-12:15 SMILE 12:30 Open Play 12:30-1:30 Yoga 1:00-3:00 Knit/Crochet 1:00-1:30 Better Balance 1:30 Hypertension	9:15- 10:00 SMILE 10:00 Attorney 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:30 Open Play 12:30-3:00 Bingo 1:00-1:30 Better Balance
21	22	23	24	25
<h2 style="margin: 0;">Maintenance Shut Down</h2> <h2 style="margin: 0;">Senior Center Closed</h2>			9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:30-11:30 Yoga 10:30-12:00 Bunco 11:30-12:15 SMILE 12:30 Open Play 12:30-1:30 Yoga 1:00-3:00 Knit/Crochet 1:00-1:30 Better Balance	
28	29	30	31	