


Calendar of Activities - August 2021

Monday - August 2nd	Tuesday - August 3rd	Wednesday - August 4th	Thursday - August 5th	Friday - August 6th
6-7a Fast Fitness w/Beth (Rec Center) 8-11:30a Drop In Art 9-10a Strengthen Exercise 9-11a Bunco 10-12p Crochet / Knitting Group 10:15-11:15a Traditional Exercise 11-12p Book Club 12:30-3:30p Mah-Jong 1-5p Line Dance / 7-9p Couples Dance 3-4p Yoga with John	6-7a Fast Fitness w/Beth (Rec Center) 10-11a Peer Support Group 10-11a Bingo 10-11a Zumba! with Mary (Rec Center) 12-3:30p Bridge/Hand&Foot 1-4p Drop in Art 1-5p Line Dance 1:30-2:30p Trad. Ex. with Don (Rec Ctr) 2:30-3:30p Yoga with Don (Rec Ctr)	6-7a Fast Fitness w/Beth (Rec Center) 9-10a Strenghten Exercise 9-11:30a Crafters 10:15-11:15a Traditional Exercise 1-2:15p Music Dudes 1:00-4:00p Drop In Art 4-5p Tai Chi with Bill	6-7a Fast Fitness w/Beth (Rec Center) 8-11a Drop In Game Day - FREE 9-10a Yoga with Don 10-11a Zumba! with Mary (Rec Center) 10:15-11:15a Traditional Exercise 12:30-3:30p Mexican Train 1-5p Line Dance 3-4p Yoga with John	6-7a Fast Fitness w/Beth (Rec Center) 8-11:30a Drop In Art 9-10a Strengthen Exercise 10-11:15a DeLeon Music 10:15-11:15a Traditional Exercise 10-12p Crochet / Knitting Group 12:00-3:30p Bridge 1:00-3:30p Hand & Foot 1-5p Line Dance / 5-7p Ballroom Dance 7:30-10p Western Dance
Monday - August 9th	Tuesday - August 10th	Wednesday - August 11th	Thursday - August 12th	Friday - August 13th
6-7a Fast Fitness w/Beth (Rec Center) 8-11:30a Drop In Art 9-10a Strengthen Exercise 9-11a Bunco 10-12p Crochet / Knitting Group 10:15-11:15a Traditional Exercise 11-12p Book Club 12:30-3:30p Mah-Jong 1-5p Line Dance / 7-9p Couples Dance 3-4p Yoga with John	6-7a Fast Fitness w/Beth (Rec Center) 10-11a Peer Support Group 10-11a Bingo 10-11a Zumba! with Mary (Rec Center) 12-3:30p Bridge/Hand&Foot 1-4p Drop in Art 1-5p Line Dance 1:30-2:30p Trad. Ex. with Don (Rec Ctr) 2:30-3:30p Yoga with Don (Rec Ctr)	6-7a Fast Fitness w/Beth (Rec Center) 9-10a Strenghten Exercise 9-11:30a Crafters 10:15-11:15a Traditional Exercise 1-2:15p Music Dudes 1:00-4:00p Drop In Art 4-5p Tai Chi with Bill	6-7a Fast Fitness w/Beth (Rec Center) 8-11a Drop In Game Day - FREE 9-10a Yoga with Don 10-11a Zumba! with Mary (Rec Center) 10:15-11:15a Traditional Exercise 12:30-3:30p Mexican Train 1-5p Line Dance 3-4p Yoga with John	6-7a Fast Fitness w/Beth (Rec Center) 8-11:30a Drop In Art 9-10a Strengthen Exercise 10-11:15a DeLeon Music 10:15-11:15a Traditional Exercise 10-12p Crochet / Knitting Group 12:00-3:30p Bridge 1:00-3:30p Hand & Foot 1-5p Line Dance / 5-7p Ballroom Dance 7:30-10p Western Dance
Monday - August 16th	Tuesday - August 17th	Wednesday - August 18th	Thursday - August 19th	Friday - August 20th
6-7a Fast Fitness w/Beth (Rec Center) 8-11:30a Drop In Art 9-10a Strengthen Exercise 9-11a Bunco 10-12p Crochet / Knitting Group 10:15-11:15a Traditional Exercise 11-12p Book Club 12:30-3:30p Mah-Jong 1-5p Line Dance / 7-9p Couples Dance 3-4p Yoga with John	6-7a Fast Fitness w/Beth (Rec Center) 10-11a Peer Support Group 10-11a Bingo 10-11a Zumba! with Mary (Rec Center) 12-3:30p Bridge/Hand&Foot 1-4p Drop in Art 1-5p Line Dance 1:30-2:30p Trad. Ex. with Don (Rec Ctr) 2:30-3:30p Yoga with Don (Rec Ctr)	6-7a Fast Fitness w/Beth (Rec Center) 9-10a Strenghten Exercise 9-11:30a Crafters 10:15-11:15a Traditional Exercise 1-2:15p Music Dudes 1:00-4:00p Drop In Art 4-5p Tai Chi with Bill	6-7a Fast Fitness w/Beth (Rec Center) 8-11a Drop In Game Day - FREE 9-10a Yoga with Don 10-11a Zumba! with Mary (Rec Center) 10:15-11:15a Traditional Exercise 12:30-3:30p Mexican Train 1-5p Line Dance 3-4p Yoga with John	6-7a Fast Fitness w/Beth (Rec Center) 8-11:30a Drop In Art 9-10a Strengthen Exercise 10-11:15a DeLeon Music 10:15-11:15a Traditional Exercise 10-12p Crochet / Knitting Group 12:00-3:30p Bridge 1:00-3:30p Hand & Foot 1-5p Line Dance / 5-7p Ballroom Dance 7:30-10p Western Dance
Monday - August 23rd	Tuesday - August 24th	Wednesday - August 25th	Thursday - August 26th	Friday - August 27th
6-7a Fast Fitness w/Beth (Rec Center) 8-11:30a Drop In Art 9-10a Strengthen Exercise 9-11a Bunco 10-12p Crochet / Knitting Group 10:15-11:15a Traditional Exercise 11-12p Book Club 12:30-3:30p Mah-Jong 1-5p Line Dance / 7-9p Couples Dance 3-4p Yoga with John	6-7a Fast Fitness w/Beth (Rec Center) 10-11a Peer Support Group 10-11a Bingo 10-11a Zumba! with Mary (Rec Center) 12-3:30p Bridge/Hand&Foot 1-4p Drop in Art 1-5p Line Dance 1:30-2:30p Trad. Ex. with Don (Rec Ctr) 2:30-3:30p Yoga with Don (Rec Ctr)	6-7a Fast Fitness w/Beth (Rec Center) 9-10a Strenghten Exercise 9-11:30a Crafters 10:15-11:15a Traditional Exercise 1-2:15p Music Dudes 1:00-4:00p Drop In Art 4-5p Tai Chi with Bill	6-7a Fast Fitness w/Beth (Rec Center) 8-11a Drop In Game Day - FREE 9-10a Yoga with Don 10-11a Zumba! with Mary (Rec Center) 10:15-11:15a Traditional Exercise 12:30-3:30p Mexican Train 1-5p Line Dance 3-4p Yoga with John	6-7a Fast Fitness w/Beth (Rec Center) 8-11:30a Drop In Art 9-10a Strengthen Exercise 10-11:15a DeLeon Music 10:15-11:15a Traditional Exercise 10-12p Crochet / Knitting Group 12:00-3:30p Bridge 1:00-3:30p Hand & Foot 1-5p Line Dance / 5-7p Ballroom Dance 7:30-10p Western Dance
Monday - August 30th	Tuesday - August 31st			
6-7a Fast Fitness w/Beth (Rec Center) 8-11:30a Drop In Art 9-10a Strengthen Exercise 9-11a Bunco 10-12p Crochet / Knitting Group 10:15-11:15a Traditional Exercise 11-12p Book Club 12:30-3:30p Mah-Jong 1-5p Line Dance / 7-9p Couples Dance 3-4p Yoga with John	6-7a Fast Fitness w/Beth (Rec Center) 10-11a Peer Support Group 10-11a Bingo 10-11a Zumba! with Mary (Rec Center) 12-3:30p Bridge/Hand&Foot 1-4p Drop in Art 1-5p Line Dance 1:30-2:30p Trad. Ex. with Don (Rec Ctr) 2:30-3:30p Yoga with Don (Rec Ctr)			