

Calendar of Activities - August 2022

Monday - August 1	Tuesday - August 2	Wednesday - August 3	Thursday - August 4	Friday - August 5
6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Strengthen Exercise 9:00-10:00a Book Club 10:00-12:00n Crochet / Knitting Group 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-3:30p Mah-Jongg 1:00-3:00p Beg. Western Dance 1:15-2:30p 2500 Card Game 7:00-9:00p Couples Western Dance	6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-11:00a Decorative Card Crafting 9:00a-4:30p Music Lessons by appointment 10:00-11:00a Peer Support Group 10:00-11:00a Bingo 10:00-11:00a Zumba (Rec Center) 12:00-3:30p Bridge/Hand&Foot 1:00-5:00p Line Dance 1:30-2:30p Trad'l Exer. with Don (Rec Ctr) 2:30-3:30p Yoga with Don (Rec Ctr)	6-7:00a Fast Fitness w/Beth (Rec Ctr) 9:00-10:00a Strengthen Exercise 9:00-11:30a Crafters 9:30-11:00a Memoirs Class 10:15-11:15a Traditional Exercise 12:30-4:00p Drop in Art 4:00-5:00p Tai Chi with Bill	6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Yoga with Don 9:00-11:00a Acrylic Painting 10:00-11:00a Zumba (Rec Center) 10:00-11:15 Top Dollar Music 10:15-11:15a Trad'l Exer. with Don 12:30-3:30p Mexican Train 1:00-5:00p Line Dance 3:00-4:00p Yoga with John 6:00-8:00p Beg. Couples Western Dance	6-7a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Strengthen Exercise 10:00-11:15a DeLeon Music 10:00-12:00n Drop in Art - All Types 10:00-12:00n Crochet / Knitting Group 10:15-11:15a Traditional Exercise 12:00-3:30p Bridge / Hand & Foot 1:00-3:00p Line Dance 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance
Monday - August 8	Tuesday - August 9	Wednesday - August 10	Thursday - August 11	Friday - August 12
6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Strengthen Exercise 9:00-10:00a Book Club 10:00-12:00n Crochet / Knitting Group 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-3:30p Mah-Jongg 1:00-3:00p Beg. Western Dance 1:15-2:30p 2500 Card Game 7:00-9:00p Couples Western Dance	6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-11:00a Decorative Card Crafting 9:00a-4:30p Music Lessons by appointment 10:00-11:00a Peer Support Group 10:00-11:00a Bingo 10:00-11:00a Zumba (Rec Center) 12:00-3:30p Bridge/Hand&Foot 1:00-5:00p Line Dance 1:30-2:30p Trad'l Exer. with Don (Rec Ctr) 2:30-3:30p Yoga with Don (Rec Ctr)	6-7:00a Fast Fitness w/Beth (Rec Ctr) 9:00-10:00a Strengthen Exercise 9:00-11:30a Crafters 9:30-11:00a Memoirs Class 10:15-11:15a Traditional Exercise 12:30-4:00p Drop in Art 4:00-5:00p Tai Chi with Bill	6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Yoga with Don 9:00-11:00a Acrylic Painting 10:00-11:00a Zumba (Rec Center) 10:00-11:15a Top Dollar Music 10:15-11:15a Trad'l Exer. with Don 12:30-3:30p Mexican Train 1:00-5:00p Line Dance 3:00-4:00p Yoga with John 6:00-8:00p Beg. Couples Western Dance	6-7a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Strengthen Exercise 10:00-11:15a DeLeon Music 10:00-12:00n Drop in Art - all Types 10:00-12:00n Crochet / Knitting Group 10:15-11:15a Traditional Exercise 12:00-3:30p Bridge / Hand & Foot 1:00-3:00p Line Dance 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance
Monday - August 15	Tuesday - August 16	Wednesday - August 17	Thursday - August 18	Friday - August 19
6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Strengthen Exercise 9:00-10:00a Book Club 10:00-12:00n Crochet / Knitting Group 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-3:30p Mah-Jongg 1:00-3:00p Beg. Western Dance 1:15-2:30p 2500 Card Game 7:00-9:00p Couples Western Dance	6-7a Fast Fitness w/Beth (Rec Center) 9:00-11:00a Decorative Card Crafting 9:00a-4:30p Music Lessons by appointment 10:00-11:00a Peer Support Group 10:00-11:00a Bingo 10:00-11:00a Zumba (Rec Center) 12:00-3:30p Bridge/Hand&Foot 1:00-5:00p Line Dance 1:30-2:30p Trad'l Exer. with Don (Rec Ctr) 2:30-3:30p Yoga with Don (Rec Ctr)	6-7:00a Fast Fitness w/Beth (Rec Ctr) 9:00-10:00a Strengthen Exercise 9:00-11:30a Crafters 9:30-11:00a Memoirs Class 10:15-11:15a Traditional Exercise 12:30-4:00p Drop in Art 4:00-5:00p Tai Chi with Bill	6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Yoga with Don 9:00-11:00a Acrylic Painting 9:00-12:00n JOLLY TIMES 10:00-11:00a Zumba (Rec Center) 10:15-11:15a Trad'l Exer. with Don 12:30-3:30p Mexican Train 1:00-5:00p Line Dance 3:00-4:00p Yoga with John 6:00-8:00p Beg. Couples Western Dance	6-7a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Strengthen Exercise 10:00-11:15a DeLeon Music 10:00-12:00n Drop in Art - all Types 10:00-12:00n Crochet / Knitting Group 10:15-11:15a Traditional Exercise 12:00-3:30p Bridge / Hand & Foot 1:00-3:00p Line Dance 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance
Monday - August 22	Tuesday - August 23	Wednesday - August 24	Thursday - August 25	Friday - August 26
6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Strengthen Exercise 9:00-10:00a Book Club 10:00-12:00n Crochet / Knitting Group 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-3:30p Mah-Jongg 1:00-3:00p Beg. Western Dance 1:15-2:30p 2500 Card Game 7:00-9:00p Couples Western Dance	6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-11:00a Decorative Card Crafting 9:00a-4:30p Music Lessons by appointment 10:00-11:00a Peer Support Group 10:00-11:00a Bingo 10:00-11:00a Zumba (Rec Center) 12:00-3:30p Bridge/Hand&Foot 1:00-35:00p Line Dance 1:30-2:30p Trad'l Exer. with Don (Rec Ctr) 2:30-3:30p Yoga with Don (Rec Ctr)	6-7:00a Fast Fitness w/Beth (Rec Ctr) 9:00-10:00a Strengthen Exercise 9:00-11:30a Crafters 9:30-11:00a Memoirs Class 10:15-11:15a Traditional Exercise 12:30-4:00p Drop in Art 4:00-5:00p Tai Chi with Bill	6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Yoga with Don 9:00-11:00a Acrylic Painting 10:00-11:00a Zumba (Rec Center) 10:00-11:15a Top Dollar Music 10:15-11:15a Trad'l Exer. with Don 12:30-3:30p Mexican Train 1:00-5:00p Line Dance 3:00-4:00p Yoga with John 6:00-8:00p Beg. Couples Western Dance	6-7a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Strengthen Exercise 10:00-11:15a DeLeon Music 10:00-12:00n Drop in Art - all Types 10:00-12:00n Crochet / Knitting Group 10:15-11:15a Traditional Exercise 12:00-3:30p Bridge / Hand & Foot 1:00-3:00p Line Dance 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance
Monday - August 29	Tuesday - August 30	Wednesday - August 31		
6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Strengthen Exercise 9:00a-10:00a Book Club 10:00-12:00n Crochet / Knitting Group 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-3:30p Mah-Jongg 1:00-3:00p Beg. Western Dance 1:15-2:30p 2500 Card Game 7:00-9:00p Couples Western Dance	6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-11:00am Decorative Card Crafting 9:00a-4:30p Music Lessons by appointment 10:00-11:00a Peer Support Group 10:00-11:00a Bingo 10:00-11:00a Zumba (Rec Center) 12:00-3:30p Bridge/Hand&Foot 1:00-5:00p Line Dance 1:30-2:30p Trad'l Exer. with Don (Rec Ctr) 2:30-3:30p Yoga with Don (Rec Ctr)	6-7:00a Fast Fitness w/Beth (Rec Ctr) 9:00-10:00a Strengthen Exercise 9:00-11:30a Crafters 9:30-11:00a Memoirs Class 10:15-11:15a Traditional Exercise 12:30-4:00p Drop in Art 4:00-5:00p Tai Chi with Bill		