

Calendar of Activities - August 2024

Note: This does not include all activities & events.

			Thursday - August 1	Friday - August 2
 <p>THE AUGUST LUNCH MENU IS AVAILABLE FOR PICK UP AT THE FRONT COUNTER</p>	 <p>THE HEAT IS ON STAY HYDRATED!</p>		6:00-6:45a Fast Fitness 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-11:00a Drop-in Ping Pong 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 10:00-12:00p Advanced Watercolor 11:30a-12:30p Aerobic Kickboxing 12:00n-1:00p Circuit/Equipment Training 12:00-3:00p Vocal Lessons 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 1:30-2:30p Mixed Media Art 2:30-3:30p Yoga 3:00-6:00p Make & Take 2 6:00-7:00p Senior Tabata	9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:00-11:00a Exploring Your Pallet Acrylic Paint 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 11:15a-12:15p Drawing For Fun 12:00n-1:00p& 1:00-2:00p Circuit/Equip Training 12:00n-4:00p Bridge 12:30-4:00p Intern./Advanced Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Decorative Cards 3:00-5:00p Basic Acrylic Landscape Painting 3:00-5:00p Pre-Beginning Line Dance 5:00-6:00p Meditation 5:00-7:00p Beg.Couples Western Dance 7:30-10:00p Western Dance
Monday - August 5 8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9:10-10:00& 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Beg./Intermediate Watercolor 10:00a-12:00n Drop-in Ping Pong 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00& 1:00-2:00p Circuit/Equip Training 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Beginning Drawing 1:00-3:00p 2500 Card Game 2:00-3:00p Navigating Grief 3:00-5:00p Pre-Beginning Line Dance 5:30-7:30p Garden Painting	Tuesday - August 6 6:00-6:45a Fast Fitness 7:00-8:00a Zumba Chair 8:30-11:30a Pinochle 9:00-10:00a Book Club 9:00-10:00a Blood Pressure Check 10:00-11:00a Peer Support 10:00-11:00a Bingo 10:00a-12:00n Mah-jongg 11:30a-1:30p Make & Take 1 12:30-4:00p Intern./Advanced Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:00-4:00p Magical Inks 2:30-3:30p Yoga 3:30-4:30p Beginning Karate 6:00-7:00p Senior Tabata	Wednesday - August 7 6:00-6:45a Fast Fitness 8:00-10:00a Drop-in Art 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-11:00a Drop-in Ping Pong (on patio) 9:00a-12:00n Drop-In Crafters 10:00a-12:00p Morning Ceramics 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-3:00p Vocal Lessons 12:00-4:00p Bridge 1:00-2:00p Medicare 101 1:00-4:00p PM Ceramics 1:00-4:30p Beginning Hand & Foot 1:30-2:30p Financial Presentation 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	Thursday - August 8 6:00-6:45a Fast Fitness 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-11:00a Drop-in Ping Pong 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 10:00a-1:00p Advanced Watercolor 11:30a-12:30p Aerobic Kickboxing 12:00n-1:00p Circuit/Equipment Training 12:00-3:00p Vocal Lessons 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 1:30-2:30p Mixed Media Art 2:30-3:30p Yoga 3:00-6:00p Make & Take 2 6:00-7:00p Senior Tabata	Friday - August 9 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:00-11:00a Exploring Your Pallet Acrylic Paint 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 11:15a-12:15p Drawing For Fun 12:00n-1:00p& 1:00-2:00p Circuit/Equip Training 12:00n-4:00p Bridge 12:30-4:00p Intern./Advanced Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Decorative Cards 3:00-5:00p Basic Acrylic Landscape Painting 3:00-5:00p Pre-Beginning Line Dance 5:00-6:00p Meditation 5:00-7:00p Beg.Couples Western Dance 5:30-6:30p Aromatherapy/Essential Oil 7:30-10:00p Western Dance
Monday - August 12 8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9:10-10:00& 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Beg./Intermediate Watercolor 10:00a-12:00n Drop-in Ping Pong 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00& 1:00-2:00p Circuit/Equip Training 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Beginning Drawing 1:00-3:00p 2500 Card Game 2:00-3:00p Navigating Grief 3:00-5:00p Pre-Beginning Line Dance 5:30-7:30p Garden Painting	Tuesday - August 13 6:00-6:45a Fast Fitness 7:00-8:00a Zumba Chair 8:30-11:30a Pinochle 9:00-10:00a Book Club 9:00-10:00a Blood Pressure Check 10:00-11:00a Peer Support 10:00-11:00a Bingo 10:00a-12:00n Mah-jongg 11:30a-1:30p Make & Take 1 12:30-4:00p Intern./Advanced Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:00-4:00p Magical Inks 2:30-3:30p Yoga 3:30-4:30p Beginning Karate 6:00-7:00p Senior Tabata	Wednesday - August 14 6:00-6:45a Fast Fitness 8:00-10:00a Drop-in Art 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-11:00a Drop-in Ping Pong (on patio) 9:00a-12:00n Drop-In Crafters 10:00a-12:00p Morning Ceramics 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-3:00p Vocal Lessons 12:00-4:00p Bridge 1:00-4:00p PM Ceramics 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	Thursday - August 15 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-11:00a Drop-in Ping Pong (on patio) 9:00-12:00p JOLLY TIMES 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 10:00a-1:00p Advanced Watercolor 11:30a-12:30p Aerobic Kickboxing 12:00n-1:00p Circuit/Equipment Training 12:00-3:00p Vocal Lessons 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 1:30-2:30p Mixed Media Art 2:30-3:30p Yoga 3:00-6:00p Make & Take 2 6:00-7:00p Senior Tabata	Friday - August 16 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-10:00a Novella Dean Book Reading 10:15-11:15a Traditional Exercise 10:00-11:00a Exploring Your Pallet Acrylic Paint 10:30-11:45a DeLeon Music 11:15a-12:15p Drawing For Fun 12:00n-1:00p& 1:00-2:00p Circuit/Equip Training 12:00n-4:00p Bridge 12:30-4:00p Intern./Advanced Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Decorative Cards 3:00-5:00p Basic Acrylic Landscape Painting 3:00-5:00p Pre-Beginning Line Dance 5:00-6:00p Meditation 5:00-7:00p Beg.Couples Western Dance 5:30-6:30p Aromatherapy/Essential Oil 7:30-10:00p Western Dance
Monday - August 19 8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9:10-10:00& 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Beg./Intermediate Watercolor 10:00a-12:00n Drop-in Ping Pong 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00& 1:00-2:00p Circuit/Equip Training 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Beginning Drawing 1:00-3:00p 2500 Card Game 2:00-3:00p Navigating Grief 3:00-5:00p Pre-Beginning Line Dance 3:15-4:15p Meditation 5:30-7:30p Garden Painting	Tuesday - August 20 6:00-6:45a Fast Fitness 7:00-8:00a Zumba Chair 8:00-10:00a Newsletter Folding 8:30-11:30a Pinochle 9:00-10:00a Book Club 9:00-10:00a Blood Pressure Check 10:00-11:00a Peer Support 10:00-11:00a Bingo 10:00a-12:00n Mah-jongg 11:30a-1:30p Make & Take 1 12:30-4:00p Intern./Advanced Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:00-4:00p Magical Inks 2:30-3:30p Yoga 3:30-4:30p Beginning Karate 6:00-7:00p Senior Tabata 6:30-8:00p Clovis Chorale	Wednesday - August 21 6:00-6:45a Fast Fitness 8:00-10:00a Drop-in Art 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-11:00a Drop-in Ping Pong (on patio) 9:00a-12:00n Drop-In Crafters 10:00a-12:00p Morning Ceramics 10:15-11:15a Traditional Exercise 12:00-3:00p Vocal Lessons 12:00-4:00p Bridge 1:00-2:00p Alzheimer's Assoc. Presentation 1:00-3:00p Tenant/Housing Resource Fair 1:00-4:00p PM Ceramics 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics	Thursday - August 22 6:00-6:45a Fast Fitness 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-11:00a Drop-in Ping Pong 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 10:00a-1:00p Advanced Watercolor 11:30a-12:30p Aerobic Kickboxing 12:00n-1:00p Circuit/Equipment Training 12:00-3:00p Vocal Lessons 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 1:30-2:30p Mixed Media Art 2:30-3:30p Yoga 3:00-6:00p Make & Take 2 6:00-7:00p Senior Tabata	Friday - August 23 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:00-11:00a Exploring Your Pallet Acrylic Paint 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 11:15a-12:15p Drawing For Fun 12:00n-1:00p& 1:00-2:00p Circuit/Equip Training 12:00n-4:00p Bridge 12:30-4:00p Intern./Advanced Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Decorative Cards 3:00-5:00p Basic Acrylic Landscape Painting 3:00-5:00p Pre-Beginning Line Dance 5:00-6:00p Meditation 5:00-7:00p Beg.Couples Western Dance 5:30-6:30p Aromatherapy/Essential Oil 7:30-10:00p Western Dance
Monday - August 26 8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9:10-10:00& 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Beg./Intermediate Watercolor 10:00a-12:00n Drop-in Ping Pong 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00& 1:00-2:00p Circuit/Equip Training 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Beginning Drawing 1:00-3:00p 2500 Card Game 2:00-3:00p Navigating Grief 3:00-5:00p Pre-Beginning Line Dance 3:15-4:15p Meditation 5:30-7:30p Garden Painting	Tuesday - August 27 6:00-6:45a Fast Fitness 7:00-8:00a Zumba Chair 8:30-11:30a Pinochle 9:00-10:00a Book Club 9:00-10:00a Blood Pressure Check 10:00-11:00a Peer Support 10:00-11:00a Bingo 10:00-11:00a Medicare 101 10:00a-12:00n Mah-jongg 11:30a-1:30p Make & Take 1 12:30-4:00p Intern./Advanced Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:00-4:00p Magical Inks 2:30-3:30p Yoga 3:30-4:30p Beginning Karate 6:00-7:00p Senior Tabata 6:30-8:00p Clovis Chorale	Wednesday - August 28 6:00-6:45a Fast Fitness 8:00-10:00a Drop-in Art 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-11:00a Drop-in Ping Pong (on patio) 9:00a-12:00n Drop-In Crafters 10:00a-12:00p Morning Ceramics 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-3:00p Vocal Lessons 12:00-4:00p Bridge 2:00-4:00p Wreath Class 1:00-4:00p PM Ceramics 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	Thursday - August 29 6:00-6:45a Fast Fitness 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-11:00a Drop-in Ping Pong 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 10:00a-1:00p Advanced Watercolor 11:30a-12:30p Aerobic Kickboxing 12:00n-1:00p Circuit/Equipment Training 12:00-3:00p Vocal Lessons 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 1:30-2:30p Mixed Media Art 2:30-3:30p Yoga 3:00-6:00p Make & Take 2 6:00-7:00p Senior Tabata	Friday - August 30 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:00-11:00a Exploring Your Pallet Acrylic Paint 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 11:15a-12:15p Drawing For Fun 12:00n-1:00p& 1:00-2:00p Circuit/Equip Training 12:00n-4:00p Bridge 12:30-4:00p Intern./Advanced Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Decorative Cards 3:00-5:00p Basic Acrylic Landscape Painting 3:00-5:00p Pre-Beginning Line Dance 5:00-6:00p Meditation 5:00-7:00p Beg.Couples Western Dance 5:30-6:30p Aromatherapy/Essential Oil 7:30-10:00p Western Dance