		Calendar of Activities - August 2024	Note: This does not include all activities & events.	
		-	Thursday - August 1	Friday - August 2
			6:00-6:45a Fast Fitness	9:00-10:00a Gentle Stretch Exercise
			7:00-8:00a Zumba Chair	9:00-10:00a Zumba Gold
	THE AUGUST LUNCH MENU	THE HEAT	8:00-8:45a Walking Workout	10:00-11:00a Exploring Your Pallet Acrylic Paint
	IS AVAILABLE FOR PICK UP	THE HEAT	9:00-10:00a Dance Aerobics	10:15-11:15a Traditional Exercise
	AT THE FRONT COUNTER		9:00-11:00a Drop-in Ping Pong 9:30-11:30a Memoir Writing Class	10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music
		IS ON	10:00-11:00a Dance Aerobics	11:15a-12:15p Drawing For Fun
*	EN	IS UN	10:00a-1:00p Advanced Watercolor	12:00n-1:00p& 1:00-2:00p Circuit/Equip Training
	68		11:30a-12:30p Aerobic Kickboxing	12:00n-4:00p Bridge
		CTAV	12:00n-1:00p Circuit/Equipment Training	12:30-4:00p Interm./Advanced Hand&Foot
	menu	SIAY	12:00-3:00p Vocal Lessons 12:30-4:00p Mexican Train	1:00-3:00p Beq. Western Line Dance 1:00-3:00p Decorative Cards
			1:00-3:00p Beg. Western Line Dance	3:00-5:00p Basic Acrylic Landscape Painting
*		HYDRATED!	1:30-2:30p Traditional Exercise	3:00-5:00p Pre-Beginning Line Dance
		IIIDIAILD.	1:30-2:30p Mixed Media Art	5:00-6:00p Meditation
			2:30-3:30p Yoga 3:00-6:00p Make & Take 2	5:00-7:00p Beg.Couples Western Dance 7:30-10:00p Western Dance
			6:00-7:00p Senior Tabata	7.50-10.00p Western Dance
Monday - August 5	Tuesday - August 6	Wednesday - August 7	Thursday - August 8	Friday - August 9
		6:00-6:45a Fast Fitness	6:00-6:45a Fast Fitness	9:00-10:00a Gentle Stretch Exercise
8:30-9:30a Tai Chi Beginning Basics	7:00-8:00a Zumba Chair	8:00-10:00a Drop-in Art	7:00-8:00a Zumba Chair	9:00-10:00a Zumba Gold
9:00-10:00a Gentle Stretch Exercise	8:30-11:30a Pinochle	9:00-10:00a Gentle Stretch Exercise	8:00-8:45a Walking Workout	10:00-11:00a Exploring Your Pallet Acrylic Paint
9:00-10:00a Book Club 9-10:00& 10-11:00a Dance Aerobics (RecCtr)	9:00-10:00a Book Club	9:00-10:00a Zumba Gold 9:00-11:00a Drop-in Ping Pong (on patio)	9:00-10:00a Dance Aerobics 9:00-11:00a Drop-in Ping Pong	10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group
9:00a-12:00n Mexican Train	10:00-11:00a Peer Support	9:00a-12:00n Drop-In Crafters	9:30-11:30a Memoir Writing Class	10:30-11:45a DeLeon Music
10:00a-12:00n Beg./Intermediate Watercolor	10:00-11:00a Bingo	10:00a-12:00p Morning Ceramics	10:00-11:00a Dance Aerobics	11:15a-12:15p Drawing For Fun
10:00a-12:00n Drop-in Ping Pong	10:00a-12:00n Mah-jongg	10:15-11:15a Traditional Exercise	10:00a-1:00p Advanced Watercolor	12:00n-1:00p& 1:00-2:00p Circuit/Equip Training
10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco	11:30a-1:30p Make & Take 1 12:30-4:00p Interm./Advanced Hand&Foot	10:30-11:45a Top Dollar Music 12:00-3:00p Vocal Lessons	11:30a-12:30p Aerobic Kickboxing 12:00n-1:00p Circuit/Equipment Training	12:00n-4:00p Bridge 12:30-4:00p Interm./Advanced Hand&Foot
12:00-1:00& 1:00-2:00p Circuit/Equip Training	1:00-3:00p Beg. Western Line Dance	12:00-3:00p Vocal Lessons 12:00-4:00p Bridge	12:001-1:000 Circuit/Equipment Training	1:00-3:00p Beg. Western Line Dance
1:00-3:00p Beg. Western Line Dance	1:30-2:30p Traditional Exercise	1:00-2:00p Medicare 101	12:30-4:00p Mexican Train	1:00-3:00p Decorative Cards
1:00-3:00p Beginning Drawing	2:00-4:00p Magical Inks	1:00-4:00p PM Ceramics	1:00-3:00p Beg. Western Line Dance	3:00-5:00p Basic Acrylic Landscape Painting
1:00-3:00p 2500 Card Game	2:30-3:30p Yoga 3:30-4:30p Beginning Karate	1:00-4:30p Beginning Hand & Foot	1:30-2:30p Traditional Exercise	3:00-5:00p Pre-Beginning Line Dance
2:00-3:00p Navigating Grief 3:00-5:00p Pre-Beginning Line Dance	6:00-7:00p Senior Tabata	1:30-2:30p Financial Presentation 4:00-5:00p Tai Chi Beyond Basics	1:30-2:30p Mixed Media Art 2:30-3:30p Yoga	5:00-6:00p Meditation 5:00-7:00p Beg.Couples Western Dance
5:30-7:30p Garden Painting	0.00-7.00p Seriioi Tabata	5:00-8:00p Karaoke Night	3:00-6:00p Make & Take 2	5:30-6:30p Aromatherapy/Essential Oil
			6:00-7:00p Senior Tabata	7:30-10:00p Western Dance
Monday - August 12	Tuesday - August 13	Wednesday - August 14	Thursday - August 15	Friday - August 16
8:00-8:45a Walking Workout (at Rec. Center)	6:00-6:45a Fast Fitness	6:00-6:45a Fast Fitness	7:00-8:00a Zumba Chair	9:00-10:00a Gentle Stretch Exercise
8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise	7:00-8:00a Zumba Chair 8:30-11:30a Pinochle	8:00-10:00a Drop-in Art 9:00-10:00a Gentle Stretch Exercise	8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics	9:00-10:00a Zumba Gold 9:00-10:00a Novella Dean Book Reading
9:00-10:00a Gentie Stretch Exercise	9:00-10:00a Book Club	9:00-10:00a Gentle Stretch Exercise	9:00-11:00a Drop-in Ping Pong (on patio)	10:15-11:15a Traditional Exercise
9-10:00& 10-11:00a Dance Aerobics (RecCtr)		9:00-11:00a Drop-in Ping Pong (on patio)	9:00-12:00p JOLLY TIMES	10:00-11:00a Exploring Your Pallet Acrylic Paint
9:00a-12:00n Mexican Train	10:00-11:00a Peer Support	9:00a-12:00n Drop-In Crafters	9:30-11:30a Memoir Writing Class	10:30-11:45a DeLeon Music
10:00a-12:00n Beg./Intermediate Watercolor	10:00-11:00a Bingo	10:00a-12:00p Morning Ceramics	10:00-11:00a Dance Aerobics	11:15a-12:15p Drawing For Fun 12:00n-1:00p& 1:00-2:00p Circuit/Equip Training
10:00a-12:00n Drop-in Ping Pong 10:15-11:15a Traditional Exercise	10:00a-12:00n Mah-jongg 11:30a-1:30p Make & Take 1	10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music	10:00a-1:00p Advanced Watercolor 11:30a-12:30p Aerobic Kickboxing	12:00n-1:00p& 1:00-2:00p Circuit/Equip Training 12:00n-4:00p Bridge
11:00a-1:00p Bunco	12:30-4:00p Interm./Advanced Hand&Foot	12:00-3:00p Vocal Lessons	12:00n-1:00p Circuit/Equipment Training	12:30-4:00p Bridge 12:30-4:00p Interm./Advanced Hand&Foot
12:00-1:00& 1:00-2:00p Circuit/Equip Training	1:00-3:00p Beg. Western Line Dance	12:00-4:00p Bridge	12:00-3:00p Vocal Lessons	1:00-3:00p Beg. Western Line Dance
1:00-3:00p Beg. Western Line Dance	1:30-2:30p Traditional Exercise	1:00-4:00p PM Ceramics	12:30-4:00p Mexican Train	1:00-3:00p Decorative Cards
1:00-3:00p Beginning Drawing	2:00-4:00p Magical Inks	1:00-4:30p Beginning Hand & Foot	1:00-3:00p Beg. Western Line Dance	3:00-5:00p Basic Acrylic Landscape Painting
1:00-3:00p 2500 Card Game 2:00-3:00p Navigating Grief	2:30-3:30p Yoga 3:30-4:30p Beginning Karate	4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	1:30-2:30p Traditional Exercise 1:30-2:30p Mixed Media Art	3:00-5:00p Pre-Beginning Line Dance 5:00-6:00p Meditation
3:00-5:00p Pre-Beginning Line Dance	6:00-7:00p Senior Tabata	0.00 0.00p Naraoke raight	2:30-3:30p Yoga	5:00-7:00p Beg.Couples Western Dance
5:30-7:30p Garden Painting			3:00-6:00p Make & Take 2	5:30-6:30p Aromatherapy/Essential Oil
			6:00-7:00p Senior Tabata	7:30-10:00p Western Dance
Monday - August 19	Tuesday - August 20	Wednesday - August 21	Thursday - August 22	Friday - August 23
8:00-8:45a Walking Workout (at Rec. Center)		6:00-6:45a Fast Fitness	6:00-6:45a Fast Fitness	9:00-10:00a Gentle Stretch Exercise
8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise	7:00-8:00a Zumba Chair 8:00-10:00a Newsletter Folding	8:00-10:00a Drop-in Art 9:00-10:00a Gentle Stretch Exercise	7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout	9:00-10:00a Zumba Gold 10:00-11:00a Exploring Your Pallet Acrylic Paint
9:00-10:00a Gentie Stretch Exercise 9:00-10:00a Book Club	8:30-11:30a Pinochle	9:00-10:00a Gentie Stretch Exercise 9:00-10:00a Zumba Gold	9:00-10:00a Dance Aerobics	10:15-11:15a Traditional Exercise
9-10:00& 10-11:00a Dance Aerobics (RecCtr)		9:00-11:00a Drop-in Ping Pong (on patio)	9:00-11:00a Drop-in Ping Pong	10:15a-12:15p Knitting / Crochet Group
9:00a-12:00n Mexican Train	9:00-10:00a Blood Pressure Check	9:00a-12:00n Drop-In Crafters	9:30-11:30a Memoir Writing Class	10:30-11:45a DeLeon Music
10:00a-12:00n Beg./Intermediate Watercolor	10:00-11:00a Peer Support	10:00a-12:00p Morning Ceramics	10:00-11:00a Dance Aerobics	11:15a-12:15p Drawing For Fun
10:00a-12:00n Drop-in Ping Pong 10:15-11:15a Traditional Exercise	10:00-11:00a Bingo 10:00a-12:00n Mah-jongg	10:15-11:15a Traditional Exercise 12:00-3:00p Vocal Lessons	10:00a-1:00p Advanced Watercolor 11:30a-12:30p Aerobic Kickboxing	12:00n-1:00p& 1:00-2:00p Circuit/Equip Training 12:00n-4:00p Bridge
11:00a-1:00p Bunco	11:30a-1:30p Make & Take 1	12:00-3:00p vocal Lessons 12:00-4:00p Bridge	12:00n-1:00p Circuit/Equipment Training	12:30-4:00p Interm./Advanced Hand&Foot
12:00-1:00& 1:00-2:00p Circuit/Equip Training	12:30-4:00p Interm./Advanced Hand&Foot	1:00-2:000p Alzheimer's Assoc. Presentation	12:00-3:00p Vocal Lessons	1:00-3:00p Beg. Western Line Dance
1:00-3:00p Beg. Western Line Dance	1:00-3:00p Beg. Western Line Dance	1:00-3:00p Tenant/Housing Resource Fair	12:30-4:00p Mexican Train	1:00-3:00p Decorative Cards
1:00-3:00p Beginning Drawing 1:00-3:00p 2500 Card Game	1:30-2:30p Traditional Exercise 2:00-4:00p Magical Inks	1:00-4:00p PM Ceramics 1:00-4:30p Beginning Hand & Foot	1:00-3:00p Beq. Western Line Dance 1:30-2:30p Traditional Exercise	3:00-5:00p Basic Acrylic Landscape Painting 3:00-5:00p Pre-Beginning Line Dance
2:00-3:00p 2500 Card Garne 2:00-3:00p Navigating Grief	2:30-3:30p Yoga	4:00-5:00p Tai Chi Beyond Basics	1:30-2:30p Mixed Media Art	5:00-6:00p Meditation
3:00-5:00p Pre-Beginning Line Dance	3:30-4:30p Beginning Karate		2:30-3:30p Yoga	5:00-7:00p Beg.Couples Western Dance
3:15-4:15p Meditation	6:00-7:00p Senior Tabata		3:00-6:00p Make & Take 2	5:30-6:30p Aromatherapy/Essential Oil
5:30-7:30p Garden Painting	6:30-8:00p Clovis Chorale Tuesday - August 27	Wednesday - August 28	6:00-7:00p Senior Tabata Thursday - August 29	7:30-10:00p Western Dance Friday - August 30
Monday - August 26 8:00-8:45a Walking Workout (at Rec. Center)		6:00-6:45a Fast Fitness	6:00-6:45a Fast Fitness	9:00-10:00a Gentle Stretch Exercise
8:30-9:30a Tai Chi Beginning Basics	7:00-8:00a Zumba Chair	8:00-10:00a Drop-in Art	7:00-8:00a Zumba Chair	9:00-10:00a Zumba Gold
9:00-10:00a Gentle Stretch Exercise	8:30-11:30a Pinochle	9:00-10:00a Gentle Stretch Exercise	8:00-8:45a Walking Workout	10:00-11:00a Exploring Your Pallet Acrylic Paint
9:00-10:00a Book Club 9-10:00& 10-11:00a Dance Aerobics (RecCtr)	9:00-10:00a Book Club 9:00-10:00a Blood Pressure Check	9:00-10:00a Zumba Gold 9:00-11:00a Drop-in Ping Pong (on patio)	9:00-10:00a Dance Aerobics 9:00-11:00a Drop-in Ping Pong	10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group
9-10:00& 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train	10:00-10:00a Blood Pressure Check 10:00-11:00a Peer Support	9:00-11:00a Drop-in Ping Pong (on patio) 9:00a-12:00n Drop-In Crafters	9:30-11:30a Drop-in Ping Pong 9:30-11:30a Memoir Writing Class	10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music
10:00a-12:00n Beg./Intermediate Watercolor	10:00-11:00a Bingo	10:00a-12:00p Morning Ceramics	10:00-11:00a Dance Aerobics	11:15a-12:15p Drawing For Fun
10:00a-12:00n Drop-in Ping Pong	10:00-11:00a Medicare 101	10:15-11:15a Traditional Exercise	10:00a-1:00p Advanced Watercolor	12:00n-1:00p& 1:00-2:00p Circuit/Equip Training
10:15-11:15a Traditional Exercise	10:00a-12:00n Mah-jongg	10:30-11:45a Top Dollar Music	11:30a-12:30p Aerobic Kickboxing	12:00n-4:00p Bridge 12:30-4:00p Interm./Advanced Hand&Foot
11:00a-1:00p Bunco 12:00-1:00& 1:00-2:00p Circuit/Equip Training	11:30a-1:30p Make & Take 1 12:30-4:00p Interm./Advanced Hand&Foot	12:00-3:00p Vocal Lessons 12:00-4:00p Bridge	12:00n-1:00p Circuit/Equipment Training 12:00-3:00p Vocal Lessons	12:30-4:00p Interm./Advanced Hand&Foot 1:00-3:00p Beq. Western Line Dance
1:00-3:00p Beg. Western Line Dance	1:00-3:00p Beg. Western Line Dance	2:00-4:00p Wreath Class	12:30-4:00p Mexican Train	1:00-3:00p Decorative Cards
1:00-3:00p Beginning Drawing	1:30-2:30p Traditional Exercise	2:00-4:00p Wreath Class 1:00-4:00p PM Ceramics	12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance	3:00-5:00p Basic Acrylic Landscape Painting
1:00-3:00p 2500 Card Game	2:00-4:00p Magical Inks	1:00-4:30p Beginning Hand & Foot	1:30-2:30p Traditional Exercise	3:00-5:00p Pre-Beginning Line Dance
2:00-3:00p Navigating Grief 3:00-5:00p Pre-Beginning Line Dance	2:30-3:30p Yoga 3:30-4:30p Beginning Karate	4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	1:30-2:30p Mixed Media Art 2:30-3:30p Yoga	5:00-6:00p Meditation 5:00-7:00p Beq.Couples Western Dance
3:15-4:15p Meditation	6:00-7:00p Senior Tabata	The state of the s	3:00-6:00p Make & Take 2	5:30-6:30p Aromatherapy/Essential Oil
5:30-7:30p Garden Painting	6:30-8:00p Clovis Chorale		6:00-7:00p Senior Tabata	7:30-10:00p Western Dance