







<p>"Your Move to Better Health"</p> <p>Health and Wellness Workshops Tuesdays</p> <p>August 1, 8, 15, 22 and 29</p>	<p>TUESDAY, 8/1</p> <p>8:00 Early Bird Swim 8:30 Low Impact Exercise Video 9:30 Muscle Toning with Patricia 10:30 Blood Pressure Screening with Barbara O'Hagen 10:30 Drawing, Games and Cards 12:15 "It's Your Move to Better Health" 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>WEDNESDAY, 8/2</p> <p style="text-align: right;"></p> <p>8:00 Early Bird Swim 10:30 Drawing, Games and Cards 12:15 BINGO & TREATS! Bring a Friend! 1:00 Mahjong/Bridge/Cards/Board Games</p>	<p>THURSDAY, 8/3</p> <p style="text-align: right;"></p> <p>8:00 Early Bird Swim 9:30 Intermediate Line Dancing 10:30 Birthday Celebration Music with Ralph Caruso 10:30 Drawing, Games and Cards 1:00 Mahjong/Pokeno/Cards/Games 1:00 Canasta Club</p>	<p>FRIDAY, 8/4</p> <p>8:00 Early Bird Swim</p> <p>SENIOR CENTER CLOSED</p>
<p>MONDAY, 8/7</p> <p>8:00 Early Bird Swim 9:30 Line Dancing with Theresa 10:30 Drawing, Games and Cards 10:30 Strength & Balance Video 1:00 Canasta Club 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>TUESDAY, 8/8</p> <p>8:00 Early Bird Swim 8:30 Low Impact Exercise Video 9:30 Muscle Toning with Patricia 10:30 Drawing, Games and Cards 12:15 "It's Your Move to Better Health" 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>WEDNESDAY, 8/9</p> <p>8:00 Early Bird Swim 10:30 Drawing, Games and Cards 1:00 Mahjong/Bridge/Cards/Board Games</p>	<p>THURSDAY, 8/10 – GATSBY ROOM</p> <p style="text-align: right;"></p> <p>8:00 Early Bird Swim 9:30 Intermediate Line Dancing 10:30 Drawing, Games and Cards 12:15 BINGO & TREATS! Bring a Friend! 1:00 Mahjong/Pokeno/Cards/Games 1:00 Canasta Club</p>	<p>FRIDAY, 8/11 – GATSBY ROOM</p> <p>8:00 Early Bird Swim 8:30 Exercise Video 10:30 Book Review with Tracy 10:30 Drawing, Games and Cards 12:30 Chair Yoga with Peggy</p>
<p>MONDAY, 8/14</p> <p>8:00 Early Bird Swim 9:30 Line Dancing with Theresa 10:30 Drawing, Games and Cards 10:30 Strength & Balance with Sonya 12:00 SENIOR POOL DAY! 1:00 Canasta Club 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>TUESDAY, 8/15</p> <p>8:00 Early Bird Swim 8:30 Low Impact Exercise Video 9:30 Muscle Toning with Patricia 10:30 Drawing, Games and Cards 12:15 "It's Your Move to Better Health" 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>WEDNESDAY, 8/16</p> <p style="text-align: right;"></p> <p>8:00 Early Bird Swim 10:30 Drawing, Games and Cards 12:15 BINGO & TREATS! Bring a Friend! 1:00 Mahjong/Bridge/Cards/Board Games</p>	<p>THURSDAY, 8/17</p> <p>8:00 Early Bird Swim 9:30 Intermediate Line Dancing 10:30 Drawing, Games and Cards 12:15 "Hearing Better" w/Dr. Jason Ruiz 1:00 Chair Yoga with Peggy 1:00 Mahjong/Pokeno/Cards/Games 1:00 Canasta Club</p>	<p>FRIDAY, 8/18</p> <p>8:00 Early Bird Swim</p> <p>SENIOR CENTER CLOSED</p>
<p>MONDAY, 8/21</p> <p>8:00 Early Bird Swim 9:30 Line Dancing with Theresa 10:30 Drawing, Games and Cards 10:30 Strength & Balance with Sonya 1:00 Canasta Club 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>TUESDAY, 8/22</p> <p>8:00 Early Bird Swim 8:30 Low Impact Exercise Video 9:30 Muscle Toning with Patricia 10:30 Drawing, Games and Cards 12:15 "It's Your Move to Better Health" 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>WEDNESDAY, 8/23</p> <p>8:00 Early Bird Swim 10:30 Drawing, Games and Cards 1:00 Mahjong/Bridge/Cards/Board Games</p>	<p>THURSDAY, 8/24</p> <p style="text-align: right;"></p> <p>8:00 Early Bird Swim 9:30 Intermediate Line Dancing 12:15 BINGO & TREATS! Bring a Friend! 1:00 Chair Yoga with Peggy 1:00 Mahjong/Pokeno/Cards/Games 1:00 Canasta Club</p>	<p>FRIDAY, 8/25</p> <p>8:00 Early Bird Swim</p> <p>SENIOR CENTER CLOSED</p>
<p>MONDAY, 8/28</p> <p>8:00 Early Bird Swim 9:30 Line Dancing with Theresa 10:30 Drawing, Games and Cards 10:30 Strength & Balance with Sonya 12:00 SENIOR POOL DAY! 1:00 Canasta Club 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>TUESDAY, 8/29</p> <p>8:00 Early Bird Swim 8:30 Low Impact Exercise Video 9:30 Muscle Toning with Patricia 10:30 Drawing, Games and Cards 12:15 "Let's Move" 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>WEDNESDAY, 8/30</p> <p style="text-align: right;"></p> <p>8:00 Early Bird Swim 10:30 Drawing, Games and Cards 12:15 Medicare Update 12:15 BINGO & TREATS! Bring a Friend! 1:00 Mahjong/Bridge/Cards/Board Games</p>	<p>THURSDAY, 8/31</p> <p>8:00 Early Bird Swim</p> <p>SENIOR CENTER CLOSED</p>	<p>SENIOR POOL DAY!</p> <p>AUGUST 14 & 28</p> <p>(RESERVATIONS FOR LUNCH REQUIRED TO ATTEND POOL)</p>