

AUGUST ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 A.M. YOGA 1:00 P.M. PITCH	2 10:00 A.M. BODY BASIC 1:00 P.M. DOMINOES	3 9:00 A.M. QI GONG 1:00 P.M. PITCH	4 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. LIVERPOOL RUMMY	5 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS & COFFEE 1:00 P.M. HAND & FOOT
8 9:00 A.M. YOGA 1:00 P.M. PITCH	9 10:00 A.M. BODY BASIC 1:00 P.M. HAND & FOOT	10 BIRTHDAY/ANNIV 9:00 A.M. QI GONG 11:30 P.M. BLOOD PRESSURE 1:00 P.M. CENTURY OF FASHION	11 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. LIVERPOOL RUMMY	12 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS & COFFEE 1:00 P.M. HAND & FOOT 5:00 P.M. PIZZA & PITCH
15 9:00 A.M. YOGA 1:00 P.M. PITCH	16 10:00 A.M. BODY BASIC 1:00 P.M. DOMINOES FOOT CLINIC	17 9:00 A.M. QI GONG 12:30 P.M. FAMILY SEARCH 1:00 P.M. PITCH	18 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC BINGO 1:00 P.M. LIVERPOOL RUMMY	19 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS & COFFEE 1:00 P.M. HAND & FOOT
22 9:00 A.M. YOGA 1:00 P.M. PITCH	23 10:00 A.M. BODY BASIC 1:00 P.M. HAND & FOOT	24 9:00 A.M. QI GONG 1:00 P.M. PITCH	25 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 11:00-1:00 POTATO BAKE	26 8:30 a.m.or 9:30 a.m. TAI CHI 9:00 A.M. DONUTS & COFFEE 1:00 P.M. HAND & FOOT
29 9:00 A.M. YOGA 1:00 P.M. PITCH	30 10:00 A.M. BODY BASIC 1:00 P.M. DOMINOS	31 9:00 A.M. QI GONG 1:00 P.M. PITCH		