

<i>Monday</i>			<i>Tuesday</i>			<i>Wednesday</i>			<i>Thursday</i>			<i>Friday</i>		
<h1>AUGUST 2024</h1>						Available every day (Except during Shutdown) 8:30 AM—4:15 PM Billiards Computer Room Ping Pong			Samba 9:00 AM Scrabble 9:30 AM Cardio Drumming 10:00 AM Wii Bowling 10:00 AM Cornhole 11:00 AM Lunch 12:00 PM Chair Volleyball 12:30 PM Duplicate Bridge 12:30 PM Hand & Foot/Quilting 1:00 PM Zumba Gold 2:30 PM			Walking Group 9:00 AM Bingo 10:00 AM Strength & Flex 10:00 AM Light & Lively 11:00 AM Lunch 12:00 PM Setback 12:30 PM Advanced Tai Chi 12:30 PM Cribbage 12:45 PM Beginner Tai Chi 1:30 PM Foot Care—By Appointment		
Walking Group 9:00 AM		05	Paint Class 9:30 AM		06	Fall Lottery Registration Ends 07			Lottery Results Posted 08			Walking Group 9:00 AM		09
Strength & Flex 10:00 AM			Beginner Line Dancing 10:00 AM			Friendship Circle 8:30 AM		Samba 9:00 AM		Scrabble 9:30 AM		Bingo 10:00 AM		
Light & Lively 11:00 AM			Book Group 10:30AM			Walking Group 9:00 AM		Stronger Seniors 9:15 AM		Cardio Drumming 10:00 AM		Strength & Flex 10:00 AM		
Lunch 12:00 PM			Advanced Line Dancing 11:00 AM			Stronger Seniors 9:15 AM		Blood Pressure Drop In 9:30 AM		Wii Bowling 10:00 AM		Light & Lively 11:00 AM		
Body Sculpt 12:30 PM			Lunch 12:00 PM			Strength & Flex 10/11:00 AM		Lunch 12:00 PM		Cornhole 11:00 AM		Lunch 12:00 PM		
Pinochle 12:30 PM			Mahjong 12:30 PM			Lunch 12:00 PM		Body Sculpt/Social Bridge 12:30 PM		Lunch 12:00 PM		Setback 12:30 PM		
Music Circle 1:00 PM			Movie: Crazy Rich Asians 1:00 PM			Dominoes 12:45 PM		Light & Lively 1:20 PM		Chair Volleyball 12:30 PM		Advanced Tai Chi 12:30 PM		
Light & Lively 1:20 PM			Water & Oil 1:00 PM			Light & Lively 1:20 PM		Yoga 2:20/3:20 PM		Duplicate Bridge 12:30 PM		Cribbage 12:45 PM		
Yoga 2:20/3:20 PM			Advanced Tai Chi 1:30 PM			Yoga 2:20/3:20 PM				Hand & Foot/Quilting 1:00 PM		Beginner Tai Chi 1:30 PM		
		Beginner Tai Chi 2:30 PM						Zumba Gold 2:30 PM						
12			13			14			15			16		
During Shutdown , staff will be onsite and available by phone at <u>860-647-3211</u>			SENIOR			CENTER			SHUTDOWN					
19			20			21			22			23		
SENIOR			CENTER			SHUTDOWN								
AARP Smart Driver Course 8:45 AM		26	Lunch 12:00 PM		27	Friendship Circle 8:30 AM		28	Samba 9:00 AM		29	Walking Group 9:00 AM		30
Walking Group 9:00 AM			Mahjong 12:30 PM			Walking Group 9:00 AM			Scrabble 9:30 AM			Bingo 10:00 AM		
Lunch 12:00 PM			Watercolor & Oil 1:00 PM			Blood Pressure Drop In 9:30 AM			Cardio Drumming 10:00 AM			Lunch 12:00 PM		
Pinochle 12:30 PM						Birthday Lunch 12:00 PM			Wii Bowling 10:00 AM			Setback 12:30 PM		
						Social Bridge 12:30 PM			Cornhole 11:00 AM			Cribbage 12:45 PM		
				Dominoes 12:45 PM				Lunch 12:00 PM						
								Chair Volleyball 12:30 PM						
								Duplicate Bridge 12:30 PM						
								Hand & Foot/Quilting 1:00 PM						
								Summer Social 1:00 PM						