

AUGUST 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 WOODCARVING 9:00 WALKING CLUB 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 12:00 SOUTHERN CHARM LUNCH 12:30 POKER	2 9:00 ROCHE BROS 9:00 SB PETERSON HOUR 9:30 KINGSBURY SWIM 10:00 COFFEE CHAT 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES
5 9:15 SHAWS 9:30 QUILTING 10:00 FITNESS FUN 11:00 DVD LECTURE 12:00 3-THIRTEEN 12:00 LINE DANCING 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	6 8:00 PANCAKE BREAKFAST 9:30 CHAIR YOGA 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUP. BRIDGE 1:00 MAHJONG 1:30 BRAIN GAMES 2:15 LRC GAME	7 9:00 VIDEO EXERCISE 9:30 MARKET BASKET 10:00 MEDITATION 10:00 BREAD DISTRIBUTION 11:00 SCAT 11:30 GRAB N GO 12:00 WHIST 1:00 CRIBBAGE/ PING PONG + FIT TO KNIT 3:00 BINGO	8 9:00 WOODCARVING 9:00 WALKING CLUB 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 12:00 BBQ LUNCH 12:30 POKER	9 9:00 ROCHE BROS 9:30 KINGSBURY SWIM 10:00 COFFEE CHAT 10:00 TAI CHI 11:00 CORE BALANCE 11:15 ROMEO OUTING 1:00 CENTER CLOSES
12 9:15 SHAWS 9:30 QUILTING 10:00 FITNESS FUN 11:00 DVD LECTURE 12:00 3-THIRTEEN 12:00 LINE DANCING 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	13 9:00 VETERANS COFFEE 9:30 CHAIR YOGA 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUP. BRIDGE 1:00 MAHJONG 1:30 BRAIN GAMES 2:00 LEGAL CLINIC 2:15 LRC GAME	14 9:00 VIDEO EXERCISE 9:30 MARKET BASKET 10:00 MEDITATION 10:00 BREAD DISTRIBUTION 10:45 CARDS WITH BRI 11:00 SCAT 11:30 GRAB N GO 12:00 WHIST 1:00 CRIBBAGE/ PING PONG + FIT TO KNIT 3:00 BINGO 5-7PM SUMMER COOKOUT	15 9:00 WOODCARVING 9:00 WALKING CLUB 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 12:00 LUAU LUNCH 12:30 POKER 1:45 MUSIC CONCERT	16 9:00 ROCHE BROS 9:30 KINGSBURY SWIM 10:00 COFFEE CHAT 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES
19 9:15 SHAWS 9:30 QUILTING 10:00 FITNESS FUN 11:00 DVD LECTURE 12:00 3-THIRTEEN 12:00 LINE DANCING 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	20 9:30 CHAIR YOGA 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUP. BRIDGE 12:30 ICE CREAM TRIP 1:00 MAHJONG 1:30 BRAIN GAMES 2:15 LRC GAME	21 9:00 VIDEO EXERCISE 9:30 MARKET BASKET 10:00 MEDITATION 10:00 BREAD DISTRIBUTION 11:00 SCAT 11:30 GRAB N GO 12:00 WHIST 12:30 MOVIE 1:00 CRIBBAGE/ PING PONG + FIT TO KNIT 3:00 BINGO	22 LARGE DAY TRIP 9:00 WOODCARVING 9:00 WALKING CLUB 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 12:30 POKER	23 9:00 ROCHE BROS 9:30 KINGSBURY SWIM 10:00 COFFEE CHAT 10:00 TAI CHI 11:00 CORE BALANCE 1:00 CENTER CLOSES
26 9:00 DAY IN PLYMOUTH 9:30 QUILTING 10:00 FITNESS FUN 11:00 DVD LECTURE 12:00 3-THIRTEEN 12:00 LINE DANCING 1:30 POKENO 1:30 CORE BALANCE 7:00 HANNAH ADAMS BRIDGE	27 9:00 SHAWS 9:30 CHAIR YOGA 10:30 MAT YOGA 11:30-3 THE CLUB 12:00 DUP. BRIDGE 1:00 MAHJONG 1:30 BRAIN GAMES 2:00 CAREGIVER SUPPORT 2:15 LRC GAME	28 9:00 VIDEO EXERCISE 9:30 MARKET BASKET 10:00 MEDITATION 10:00 BREAD DIST. 10:45 CRAFTERS CORNER 11:00 SCAT 11:30 GRAB N GO 12:00 WHIST 1:00 CRIBBAGE/ PING PONG + FIT TO KNIT 3:00 BINGO	29 9:00 WOODCARVING 9:00 WALKING CLUB 10:30 ZUMBA 11:00 CLUB PICKUPS 11:30 CANASTA 11:30-3 THE CLUB 12:00 SOUTHERN CHARM LUNCH 12:30 POKER 1:45 ENDANGERED SPECIES 2:00 BOOK CLUB 	30 9:00 ROCHE BROS 9:30 KINGSBURY SWIM 10:00 COFFEE CHAT 10:00 TAI CHI -CLASSROOM 11:00 CORE BALANCE 11:45 JULIETS LUNCH 1:00 CENTER CLOSES THE CENTER IS CLOSED ON SAT. AUG 31.