




AUGUST 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>WELLNESS CENTER HOURS Monday - Friday: 6-10 a.m. Monday - Thursday 4-8 p.m.</p> 				<p>1 9 a.m. Quilting 10 a.m.- 3 p.m. Canasta 10:30 a.m. Chair class</p>	<p>2 8:30 a.m. Aerobics 9:15 a.m. Yoga 10:15 a.m. Line Dance 11 a.m. Stained Glass 12 p.m. Dominoes</p>	<p>3</p>
<p>4 Senior Day! </p>	<p>5 9 a.m. Aerobics (Kandi subs) 9:45 a.m. Yoga 10:30 a.m. Chair class 10:30 a.m. Bob Ross Workshop</p>	<p>6 10 a.m.-3 p.m. Canasta 10:30 a.m. Chair class</p>	<p>7 9 Daytrip ♦ Beechcraft Museum MASSAGE 9 a.m. Zumba Gold 9:45 a.m. Stretch & Tone 10:30 a.m. Chair class 1 p.m. Quilting Bee</p>	<p>8 9 a.m. Quilting 10 a.m.-3 p.m. Canasta 10:30 a.m. Chair class</p>	<p>9 8:30 a.m. Aerobics 9:15 a.m. Yoga 10:15 a.m. Line Dance 11 a.m. Stained Glass 12 p.m. Dominoes</p>	
<p>11</p>	<p>12 9 a.m. Aerobics 9:45 a.m. Yoga 10a.m. & 12:30 p.m. All of Us Enrollment 10:30 a.m. Chair class 1 p.m. BINGO</p>	<p>13 10 a.m.-3 p.m. Canasta 10:30 p.m. Chair class</p>	<p>14 9:30 Daytrip ♦ Murfreesboro MASSAGE 9 a.m. Craft studio 9 a.m. Zumba Gold 9:45 a.m. Stretch & Tone 10:30 a.m. Chair class</p>	<p>15 11:30 a.m. Lunch Noon: David D. Smith 9 a.m. Quilting 10 a.m.-3 p.m. Canasta 10:30 a.m. Chair class</p>	<p>16 8:30 a.m. Aerobics 9:15 a.m. Yoga 10:15 a.m. Line Dance 11a.m. Stained Glass 12 p.m. Dominoes</p>	<p><i>Judy Langell 8/10</i> <i>Katie Reed 8/21</i> <i>Gloria O'Steen 8/28</i> <i>Ellen Meier 8/29</i> <i>Glenda Dyer 8/30</i></p>
<p>18</p>	<p>19 9 a.m. Aerobics 9:45 a.m. Yoga 10:30 a.m. Chair class 10:30 a.m. Bob Ross Workshop</p>	<p>20 9 a.m. Book Club 10 a.m.-3 p.m. Canasta 10:30 a.m. Chair class</p>	<p>21 Birthday Potluck: Ms Cheap MASSAGE 9 a.m. Zumba Gold 9:45 a.m. Stretch & Tone 10:30 a.m. Chair class 1 p.m. Quilting Bee</p>	<p>22 8:15 a.m. Grove Rovers 9 a.m. Quilting 10 a.m.-3 p.m. Canasta 10:30 a.m. Chair class</p>	<p>23 8:30 a.m. Aerobics 9:15 a.m. Yoga 10:15 a.m. Line Dance 11 a.m. Stained Glass 12 p.m. Dominoes</p>	
<p>25</p>	<p>26 9 a.m. Aerobics 9:45 a.m. Yoga 10:30 a.m. Chair class</p>	<p>27 9:30 a.m.—Bible Study 10 a.m.-3 p.m. Canasta 10:30 a.m. Chair class 11 a.m. Blood pressure check</p>	<p>28 MASSAGE 9 a.m. Zumba Gold 9:45 a.m. Stretch & Tone 10:30 a.m. Chair Class</p>	<p>29 11:30 a.m. Lunch Noon: Muscles As We Age 9 a.m. Quilting 10 a.m.-3p.m.Canasta 10:30 Chair class</p>	<p>30 8:30 a.m. Aerobics 9:15 a.m. Yoga 10:15 a.m. Line Dance 11 a.m. Stained Glass 12 p.m. Dominoes</p>	