

SUN	MON	TUE	WED	THUR	FRI	SAT
		9:15 Water Aerobics with Nino (pool) 1 2:00 Balance Class with John (CC) 4:00 801 singers (801 Hallmark)	9:00 Chair Aerobics (CC) 2 10:45 Fireside Chat (CC) 1:00 "Alley Theatre Day" 1:00 Conversational Spanish (TR)	9:15 Water Aerobics with Nino (pool) 3 1:30 Heart Full of Yoga (Fitness Center) 3:00 Mindfulness Meditation (CC)	9:00 Chair Aerobics (CC) 4 10:30 Line Dancing! (Fitness Center) 2:00 Balance Class with John (CC) 5:30 Casual Friday (DR)	10:30 Let's Learn about the Upcoming Solar Eclipse (CC) 3:00 Saturday Social (LG)
9:30 Church Service (Chapel) 1:30 Mah Jongg (Hallmark -305) 6	9:00 Chair Aerobics (CC) 7 3:00 Tai Chi with Greg (Fitness Center) 4:00 "This is Your Life" Writing Group (TR) 7:00 St. Luke's United Methodist Church (CC)	9:15 Water Aerobics with Nino (pool) 8 2:00 Balance Class with John (CC) 4:00 801 singers (801 Hallmark)	9:00 Chair Aerobics (CC) 9 1:00 Conversational Spanish (TR) 4:30 Happy Birthday Happy Hour (LG)	9:15 Water Aerobics with Nino (pool) 10 1:30 Heart Full of Yoga (Fitness Center) 7:00 Attention: Poker Players (TR)	9:00 Chair Aerobics (CC) 11 10:00 Bisel Hearing Aids (LB) 10:30 Line Dancing! (Fitness Center) 2:00 Balance Class with John (CC) 5:30 Casual Friday (DR)	
9:30 Church Service (Chapel) 1:30 Mah Jongg (Hallmark -305) 13	9:00 Chair Aerobics (CC) 14 3:00 Tai Chi with Greg (Fitness Center) 7:00 Monday Night Movie (CC)	9:15 Water Aerobics with Nino (pool) 15 2:00 Balance Class with John (CC) 4:00 801 singers (801 Hallmark)	9:00 Chair Aerobics (CC) 16 10:00 St. John the Divine Church (HC) 1:00 Conversational Spanish (TR) 7:00 BINGO (CC)	9:15 Water Aerobics with Nino (pool) 17 1:30 Heart Full of Yoga (Fitness Center) 3:00 Mindfulness Meditation (CC)	9:00 Chair Aerobics (CC) 18 10:30 Line Dancing! (Fitness Center) 2:00 Balance Class with John (CC) 5:30 Casual Friday (DR)	3:00 Saturday Social (LG) 19
9:30 Church Service (Chapel) 1:30 Mah Jongg (Hallmark -305) 20	9:00 Chair Aerobics (CC) 21 11:30 Solar Eclipse 3:00 Tai Chi with Greg (Fitness Center) 7:00 Monday Night Movie (CC)	9:15 Water Aerobics with Nino (pool) 22 2:00 Balance Class with John (CC) 4:00 801 singers (801 Hallmark)	9:00 Chair Aerobics (CC) 23 1:00 Conversational Spanish (TR) 4:30 Happy Hour (LG)	9:15 Water Aerobics with Nino (pool) 24 1:30 Heart Full of Yoga (Fitness Center) 3:00 Mindfulness Meditation (CC) 7:00 Attention: Poker Players (TR)	9:00 Chair Aerobics (CC) 25 10:30 Line Dancing! (Fitness Center) 2:00 Balance Class with John (CC) 5:30 Casual Friday (DR)	
9:30 Church Service (Chapel) 1:30 Mah Jongg (Hallmark -305) 27	9:00 Chair Aerobics (CC) 28 3:00 Tai Chi with Greg (Fitness Center) 7:00 Monday Night Movie (CC)	9:15 Water Aerobics with Nino (pool) 29 2:00 Balance Class with John (CC) 4:00 801 singers (801 Hallmark)	9:00 Chair Aerobics (CC) 30 1:00 Conversational Spanish (TR) 2:00 Let's Play Bridge (CC)	9:15 Water Aerobics with Nino (pool) 31 1:30 Heart Full of Yoga (Fitness Center) 3:00 Mindfulness Meditation (CC)		

August 2017

The Hallmark