

Activity Calendar August 2025

Monday	Tuesday	Wednesday	Thursday	Friday
				1 1PM Line Dancing/Fran 2PM Yogalates/Fran 3PM Senior Follies/Fran
4 10:15 Zumba Gold/Fran 11:15 Sit Fit & Be Strong/Fran 1PM Keep Moving/Steve 3PM Mat Yoga/Elaine	5 10am Chair Zumba 11 Barre Fitness 1:30 Mindfulness & Meditation/Diane	6 More Classes and Programs	7 10:15 Zumba Gold/Fran 12PM Weight Training 1PM Keep Moving/ Elaine 2:15 Mat Pilates/Elaine	8 1PM Line Dancing/Fran 2PM Yogalates/Fran 3PM Senior Follies/Fran
11 Remember VJ Day No Classes	12 10 am Chair Zumba 11 Barre Fitness 1:30PM Mindfulness & Meditation/Diane	In The Pipeline	14 9:30 NRI Quilters 10:15 Zumba Gold/Fran 12PM Weight Training 1PM Keep Moving/ Elaine 2:15 Mat Pilates/Elaine	15 1PM Line Dancing/Fran 2PM Yogalates/Fran 3PM Senior Follies/Fran
18 10:15 Zumba Gold/Fran 11:15 Sit Fit & Be Strong/Fran 1 PM Keep Moving/Steve 3PM Mat Yoga/Elaine	19 10am Chair Zumba 11 Barre Fitness 1:30 PM Mindfulness & Meditation /Diane	20 SAVE THE DATE SEPTEMBER 6 CELEBRATE SENIOR CENTER MONTH AT THE BEEF BARN	21 9:30 NRI Quilters 10:15 Zumba Gold/Fran 12PM Weight Training 1PM Keep Moving/ Elaine 2:15 Mat Pilates/Elaine	22 1PM Line Dancing/Fran 2PM Yogalates/Fran 3PM Senior Follies/Fran
25 10:15 Zumba Gold/Fran 11:15 Sit Fit & Be Strong/ Fran 1 PM Keep Moving/Steve 3 PM Mat Yoga/Elaine	26 10am Chair Zumba 11 Barre Fitness 1:30 Mindfulness & Meditation/Diane	27 Be Happy Be Kind Be Safe	28 9:30 NRI Quilters 10:15 Zumba Gold/Fran 12PM Weight Training 1PM Keep Moving/ Elaine 2:15 Mat Pilates/Elaine	29 1PM Line Dancing/Fran 2PM Yogalates/Fran 3PM Senior Follies/Fran