

AUGUST 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30 Low Impact Aerobics 10:00 Aerobics DVD 1:00 Bridge Instruction 1:00 Crafting 1:00 Nantucket Basket Class	2 9:00 Yoga 12:00 Soup & Sandwich	3 8:30 Low Impact Aerobics 10:00 NIA Class 1:15 Mah Jongg 1:30 COA Board Meeting Via Zoom 1:30 Bingo 2:00 Legal Advice	4 9:00 Yoga 10:15 Tai Chi 1:30 Duplicate Bridge	5 8:30 Low Impact Aerobics 10:00 NIA Class 10:00 Yin Yoga (zoom) 1:00 Bridge Instruction 1:00 Mexican Train
8 8:30 Low Impact Aerobics 10:00 Aerobics DVD 11:30 Hearing Life 1:00 Bridge Instruction 1:00 Crafting 1:00 Nantucket Basket Class	9 9:00 Yoga 12:00 Soup & Sandwich 1-2 Tech Clinic	10 8:30 Low Impact Aerobics 10:00 NIA Class 1:15 Mah Jongg 1:30 Bingo	11 9:00 Yoga 10:15 Tai Chi 1:30 Duplicate Bridge	12 8:30 Low Impact Aerobics 10:00 NIA Class 10:00 Yin Yoga (zoom) 12:00 Soup& sandwich 1:00 Bridge Instruction 1:00 Mexican Train
15 8:30 Low Impact Aerobics 10:00 Aerobics DVD 1:00 Bridge Instruction 1:00 Crafting	16 9:00 Yoga 12:00 Soup & sandwich 2:00 Cooking w/Alice	17 8:30 Low Impact Aerobics 10:00 NIA Class 1:15 Mah Jongg 1:30 Bingo 3:30 NCEA Board Meeting	18 9:00 Yoga 10:15 Tai Chi 1:30 Duplicate Bridge	22 8:30 Low Impact Aerobics 10:00 NIA Class 10:00 Yin Yoga (zoom) 12:00 Soup & sandwich Bridge & Train cancelled 1:30 Living w/ Memory Loss
22 8:30 Low Impact Aerobics 10:00 Aerobics DVD 1:00 Bridge Instruction 1:00 Crafting 1:00 Nantucket Basket Class	23 9:00 Yoga 12:00 Soup & Sandwich 1:15 That's Jazz Baby!	24 8:30 Low Impact Aerobics 9-12 Social Security 10:00 NIA Class 1:15 Mah Jongg 1:30 Bingo	25 9:00 Yoga 10:15 Tai Chi 1:30 Duplicate Bridge	26 8:30 Low Impact Aerobics 9:00 Hearing w /Shawn 10:00 NIA Class 10:00 Yin Yoga (zoom) 12:00 Soup & sandwich 1:00 Bridge Instruction 1:00 Mexican Train
29 8:30 Low Impact Aerobics 10:00 Aerobic DVD 1:00 Bridge Instruction 1:00 Crafting 1:00 Nantucket Basket Class	30 9:00 Yoga 12:00 Soup & sandwich	31 8:30 Low Impact Aerobics 10:00 NIA Class 1:15 Mah Jongg 1:30 Bingo		