

Blue = Upstairs
 Red = downstairs
 Green = Food

August 2022

Classes marked \$\$ have a fee

Unmarked activities are FREE

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| 10:00 Novice Tai Chi 1 10:00 Flower Arranging 11:15 Yoga with Jill \$\$ 12:00 Hot Lunch 12:30 Adult Coloring 12:30 Mahjong | 9:45 Balance Class 2 12:30 Bingo 1:00 Bone Builders Farm Share produce available | 10:30 Meals pick-up 3 9:55 Yoga with Ilse 11:05 Adv. Tai Chi 12:30 Bingo 1:00 Line Dancing | 10:00 Free Groceries 4 10:15 Yoga with Jill \$\$ 10:30 Coffee/Conv. 11:30 Cribbage 1:00 Bone Builders 1:00 Bridge | 5 10:00 Novice Tai Chi 11:00 Advanced Tai Chi 10:15 Support Group |
| 10:00 Novice Tai Chi 8 10:00 Flower Arranging 11:15 Yoga with Jill \$\$ 12:00 Hot Lunch 12:30 Adult Coloring 12:30 Mahjong | 9:45 Balance Class 9 12:30 Bingo 1:00 Bone Builders Farm Share produce available | 10:30 Meals pick-up 10 9:55 Yoga with Ilse 11:05 Adv. Tai Chi 12:30 Bingo 1:00 Line Dancing | 10:00 Free Groceries 11 10:15 Yoga with Jill \$\$ 10:30 Coffee/Conv. 11:30 Cribbage 1:00 Bone Builders 1:00 Bridge | 12 10:00 Novice Tai Chi 11:00 Advanced Tai Chi 10:15 Support Group |
| NO Tai Chi/Yoga 15 10-4 VACCINE CLINIC 12:00 Hot Lunch 12:30 Adult Coloring 12:30 Mahjong 1:00 ART w/Camielle | 9:45 Balance Class 16 12:30 Bingo 1:00 Bone Builders Farm Share produce available | 10:30 Meals pick-up 17 9:55 Yoga with Ilse 11:05 Adv. Tai Chi 12:30 Bingo 1:00 Line Dancing | 10:00 Free Groceries 18 10:15 Yoga with Jill \$\$ 10:30 Coffee/Conv. 11:30 Cribbage 1:00 Bone Builders 1:00 Bridge | 19 10:00 Novice Tai Chi 11:00 Advanced Tai Chi 10:15 Support Group |
| 10:00 Novice Tai Chi 22 10:00 Flower Arranging 11:15 Yoga with Jill \$\$ 12:00 Hot Lunch 12:30 Adult Coloring 12:30 Mahjong | 9:45 Balance Class 23 12:30 Bingo 1:00 Bone Builders Farm Share produce available | 10:30 Meals pick-up 24 9:55 Yoga with Ilse 11:05 Adv. Tai Chi 12:30 Bingo 1:00 Line Dancing | 10:00 Free Groceries 25 10:15 Yoga with Jill \$\$ 10:30 Coffee/Conv. 11:30 Cribbage 1:00 Bone Builders 1:00 Bridge | 26 10:00 Novice Tai Chi 11:00 Advanced Tai Chi 10:15 Support Group |
| 10:00 Novice Tai Chi 29 10:00 Flower Arranging 11:15 Yoga with Jill \$\$ 12:00 Hot Lunch 12:30 Adult Coloring 12:30 Mahjong | 9:45 Balance Class 30 12:30 Bingo 1:00 Bone Builders Champlain Valley Fair! 10:30-3:30 | 10:30 Meals pick-up 31 9:55 Yoga with Ilse 11:05 Adv. Tai Chi 12:30 Bingo 1:00 Line Dancing | Punch card passes for Yoga with Jill available for purchase at the Front Desk and in the Office | Jazzercise classes \$\$ Weekday mornings and afternoons - contact Michele at (802) 355-0487 |