

2026



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Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9am Exercise 9:30am Water Aerobics 12:30pm Mahjong 2:30pm Cardio Drumming	2 9am Exercise 9:30am Water Aerobics 7pm Wine Down Wednesday	3 9:30am Water Aerobics	4 9am Exercise 10am line Dancing	5 9am Men's Group
6	7 9am Exercise 9:30am Water Aerobics 1pm Rummikub	8 9am Exercise 9:30am Water Aerobics 12:30pm Mahjong 2:30pm Cardio Drumming	9 9am Exercise 9:30am Water Aerobics	10 9:30am Water Aerobics 6:30pm Bunco	11 9am Exercise 10am Line Dancing	12 9am Men's Group
13	14 9am Exercise 9:30am Water Aerobics 1pm Rummikub	15 9am Exercise 9:30am Water Aerobics 12:30pm Mahjong	16 9am Exercise 9:30am Water Aerobics 2pm Book Club Book is <u>Theo of Golden</u> by Allen Levi 7pm Wine Down Wednesday	17 9:30am Water Aerobics 11am COA mtg.	18 9am Exercise	19 9am Men's Group Happy Hour 5-9pm
20	21 9am Exercise 9:30am Water Aerobics 1pm Rummikub	22 9am Exercise 9:30am Water Aerobics 12:30pm Mahjong	23 9am Exercise 9:30am Water Aerobics	24 9:30am Water Aerobics	25 9am Exercise 10am Line Dancing	26 9am Men's Group
27	28 9am Exercise 9:30am Water Aerobics 1pm Rummikub	29 9am Exercise 9:30am Water Aerobics 12:30pm Mahjong 2:30pm Cardio Drumming	30 9am Exercise 9:30am Water Aerobics			

Looking Ahead

Monthly luncheons will resume in October.

Cardio Drumming

Beginning the first of September Cardio Drumming classes will be given every Tuesday at 2:30-3:30pm in the main room.

Please note that there will be NO class on the 15th and 22nd.

Happy Hour

September 19th, 5-9pm
Bring an appetizer to share
and BYOB