

SRC LOCATIONS:

Auditorium: Chair & Floor Yoga, SRC Singers
Dining Room: Book Club, Pinochle
Sewing Room: Sewing Club



AUGUST 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Exercise 9 AM Book Club 2 PM Water Aerobics 7 PM	3 Dominoes 2 PM Chair Yoga 6:30 PM	4 Exercise 9 AM Hoagie/Sandwich 5 PM Floor Yoga 9:30 AM Water Aerobics 7 PM	5 Pinochle 2 PM	6 Exercise 9 AM	7
8	9 Exercise 9 AM WOW Bookmobile 10 AM Water Aerobics 7 PM	10 Dominoes 2 PM Chair Yoga 6:30 PM	11 Exercise 9 AM Floor Yoga 9:30 AM Water Aerobics 7 PM Wahl Street Music Duo 3 PM	12 Pinochle 2 PM	13 Exercise 9 AM	14
15	16 Exercise 9 AM Water Aerobics 7 PM	17 Dominoes 2 PM Chair Yoga 6:30 PM	18 Exercise 9 AM Floor Yoga 9:30 AM Water Aerobics 7 PM	19 Pinochle 2 PM SRC Singers "Sing-A-Long" 4 PM	20 Exercise 9 AM	21
22	23 Exercise 9 AM WOW Bookmobile 10 AM Water Aerobics 7 PM	24 Dominoes 2 PM Chair Yoga 6:30 PM	25 Men's Breakfast Club Exercise 9 AM Floor Yoga 9:30 AM Water Aerobics 7 PM	26 Pinochle 2 PM	27 Exercise 9 AM	28
29	30 Exercise 9 AM Water Aerobics 7 PM	31 Dominoes 2 PM Chair Yoga 6:30 PM	BUS TRIPS: August 10 – Shady Maple <u><i>BRC Garden & Rec Center: Exercise, Dominoes, Hoagie/Sandwich Night</i></u>			