



## August 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3-Aug	4-Aug	5-Aug	6-Aug	7-Aug	8-Aug	9-Aug
CLOSED	Coffee with Diane 9 am Zumba Class 9:30-10:15 am	Meemaw's CLOSED	Coffee with Diane 9 am Zumba Class 9:30-10:15 am	Walking Club 9:30 - 10:15 am Trivia Day 10:30-11:30 am	CLOSED	CLOSED
	Senior Exercise Class 10:30am	4:15 - 4:45 pm - Karate OPEN	Senior Exercise Class 10:30am	4:15 - 4:45 pm - Karate OPEN		
	Chair Yoga 1- 2 pm	5 - 6 pm - Beginners Karate - Ages 7 & Over		5 - 6 pm - Beginners Karate - Ages 7 & Over		
	4pm - 6:30pm PAKT Sparring Class	6 - 7 pm - Advanced Karate Class	4pm - 6pm Sensei Private Sessions	6 - 7 pm - Advanced Karate Class		
10-Aug	11-Aug	12-Aug	13-Aug	14-Aug	15-Aug	16-Aug
CLOSED	Coffee with Diane 9 am Zumba Class 9:30-10:15 am	Meemaw's CLOSED	Coffee with Diane 9 am Zumba Class 9:30-10:15 am	Walking Club 9:30 - 10:15 am TAI CHI 10:30 - 11:30 am	CLOSED	CLOSED
	Senior Exercise Class 10:30am	4:15 - 4:45 pm - Karate OPEN	Senior Exercise Class 10:30am	4:15 - 4:45 pm - Karate OPEN		
	Chair Yoga 1- 2 pm	5 - 6 pm - Beginners Karate - Ages 7 & Over	BUNCO - 1pm - 3pm	5 - 6 pm - Beginners Karate - Ages 7 & Over		
	4pm - 6:30pm PAKT Sparring Class	6 - 7 pm - Advanced Karate Class	4pm - 6pm Sensei Private Sessions	6 - 7 pm - Advanced Karate Class		
17-Aug	18-Aug	19-Aug	20-Aug	21-Aug	22-Aug	23-Aug
CLOSED	Coffee with Diane 9 am Zumba Class 9:30-10:15 am	Meemaw's CLOSED	Coffee with Diane 9 am Zumba Class 9:30-10:15 am	Walking Club 9:30 - 10:15 am Trivia Day 10:30-11:30 am	CLOSED	CLOSED
	Senior Exercise Class 10:30am	4:15 - 4:45 pm - Karate OPEN	Senior Exercise Class 10:30am	4:15 - 4:45 pm - Karate OPEN		
	Chair Yoga 1- 2 pm	5 - 6 pm - Beginners Karate - Ages 7 & Over	BINGO - 1pm - 3pm	5 - 6 pm - Beginners Karate - Ages 7 & Over		
	4pm - 6:30pm PAKT Sparring Class	6 - 7 pm - Advanced Karate Class	4pm - 6pm Sensei Private Sessions	6 - 7 pm - Advanced Karate Class		
24-Aug	25-Aug	26-Aug	27-Aug	28-Aug	29-Aug	30-Aug
CLOSED	Coffee with Diane 9 am Zumba Class 9:30-10:15 am	Meemaw's CLOSED	Coffee with Diane 9 am Zumba Class 9:30-10:15 am	Walking Club 9:30 - 10:15 am TAI CHI 10:30 - 11:30 am	CLOSED	CLOSED
	Senior Exercise Class 10:30am	4:15 - 4:45 pm - Karate OPEN	Senior Exercise Class 10:30am	4:15 - 4:45 pm - Karate OPEN		
	Chair Yoga 1- 2 pm	5 - 6 pm - Beginners Karate - Ages 7 & Over	PINOCHLE - 1- 3pm	5 - 6 pm - Beginners Karate - Ages 7 & Over		
	4pm - 6:30pm PAKT Sparring Class	6 - 7 pm - Advanced Karate Class	4pm - 6pm Sensei Private Sessions	6 - 7 pm - Advanced Karate Class		

Meemaw's Events in BLUE  
P.A.K.T. Events in Black

As of 6/12/25