# August

# Calendar
# 240-314-8800

## Ongoing Programs:

**TUESDAYS:**
- Helping Hands Knitting: 1-3p
- Pinochle Pursuit: 1-3:30p

**WEDNESDAYS:**
- Drop in Bridge: 1p
- Bingo 7p

**FRIDAYS:**
- Chinese Lunch: 10-2
- Drop in Chess: 10-12
- Practice Lab for Beg: 10:30-12
- Drop in Knockout Poker: 1-3
- Drop in Bridge: 1:30

**MONDAY-FRIDAY:**
Fitness Club:
M-Th: 7a-8p & Fri. 7a-7p
*Hispanic Activities:10-12
- Blood Pressure:10-12
- Bocce Ball: T,TH, Sat., 10-11a
*Lunch Served Daily: Noon
Call 240-314-8810

***=Must Register for Course**

## Wednesday 1

| | |
|---|---|
| 8:45-9:30 | Yoga-lates on the ball* |
| 9:50-10:50 | Yoga for You* |
| 10-10:50 | Easy Zumba* |
| 10-12p | Microsoft Excel II* |
| 11-12p | Chair Exercise* |
| 12:10-12:50 | Balance Matters* |
| 1-2p | Table Tennis Int.* |
| 1-2:30 | Mah Jongg Beg* |
| 1-3p | Using Thumb Drive* |
| 1:15-2 | On Your Feet* |
| 1:30-3 | Birthday Party |
| 2:15-3:15 | Aerobic Workout* |
| 5-6p | Triple Challenge* |

## Thursday 2

| | |
|---|---|
| 8:30 AM | Non Member Class Registration |
| 9-9:45 | Strength Training* |
| 10-10:50 | Tai Chi*<br>Forever Fit* |
| 10-11:30 | Getting Financial Life in Order* |
| 10-12p | Pictures to PC-Tablet* |
| 11-11:45 | Pilates Basics* |
| 11-12p | Aerobic Workout* |
| 12:15-12:45 | Walking Strong* |
| 1-2p | Arthritis Foundation* |
| 1-2:30 | Women Living Alone* |
| 1-3p | PC Infections*<br>Movie: Goodbye Christopher Robin |
| 2:15-3 | Pilates Int.* |
| 3:30-4:30 | Afternoon Yoga Flow* |
| 5-6p | Yoga Flow* |
| 6:30-7:30 | Soul Line Dance* |
| | Dave Musical Trip* |

## Friday 3

| | |
|---|---|
| 9-9:45 | Total Conditioning* |
| 10-10:45 | Belly Dance Basic* |
| 10-11a | Yoga for You* |
| 10-12p | Wii Bowling* |
| 11:15-12 | Chi Gong*<br>Easy Feet* |
| 12:15-1 | On your Feet*<br>Chi Gong* |
| 1-2p | Table Tennis Adv* |
| 1-3p | Movie: Goodbye Christopher Robin |
| 1:15-2:15 | Arthritis Foundation* |

## Saturday 4

| | |
|---|---|
| 10-11a | Functional Training* |

## Monday 6

| | |
|---|---|
| 9-9:45 | Total Conditioning* |
| 10-10:50 | Easy Zumba* |
| 10-12p | Microsoft Word* |
| 11-12p | Chair Exercise*<br>Caribbean Dance Basic* |
| 12-1p | Memory Café* |
| 12:10-12:50 | Forever Fit* |
| 1-1:45 | Yo-Chi & Balance* |
| 1-2p | Table Tennis Beg*<br>Stress Reduction* |
| 1-3p | Computer Troubleshooting* |
| 1:30-3 | Senior Fit |
| 2-2:45 | Cardio Drum* |
| 5-6p | Zumba Gold* |
| 6:30-7:30 | Yoga Flow* |

## Tuesday 7

| | |
|---|---|
| 9-9:45 | Strength Training* |
| 10-10:50 | Forever Fit*<br>Tai Chi* |
| 10-12p | Windows PC Backup* |
| 10:30-12 | Opera Anatomy* |
| 11-12p | Aerobic Workout* |
| 12:15-12:45 | Walking Strong* |
| 1-2p | Arthritis Foundation* |
| 1-2:30 | Coping With Change* |
| 1-3p | Flip Phone Basic* |
| 2:15-3 | Hot Zumba Moves* |
| 3:30-4:30 | Afternoon Yoga Flow* |
| 5-5:45 | Abs and Back* |
| 6:30-7:30 | Soul Line Dance* |

## Wednesday 8

| | |
|---|---|
| 8:45-9:30 | Yoga-lates on the ball* |
| 9:50-10:50 | Yoga for You* |
| 10-10:50 | Easy Zumba* |
| 10-12p | Microsoft Word* |
| 10:30-11:30 | Carnation Feud* |
| 11-12p | Chair Exercise*<br>Caribbean Dance* |
| 12:10-12:50 | Balance Matters* |
| 1-2p | Table Tennis Int.* |
| 1-2:30 | Mah Jongg Beg* |
| 1-3p | Computer Troubleshooting* |
| 1:15-2 | On Your Feet* |
| 2:15-3:15 | Aerobic Workout* |
| 5-6p | Triple Challenge* |

## Thursday 9

| | |
|---|---|
| 9-9:45 | Strength Training* |
| 10-10:50 | Forever Fit*<br>Tai Chi* |
| 10-12p | Pictures to PC-Phone* |
| 11-11:45 | Pilates Basics* |
| 11-12p | Aerobic Workout* |
| 12:15-12:45 | Walking Strong* |
| 1-2p | Arthritis Foundation* |
| 1-2:30 | Exploring Technology After Caregiving* |
| 1-3p | PC Voice Commands* |
| 2:15-3 | Pilates Int.* |
| 3:30-4:30 | Afternoon Yoga Flow* |
| 5-6p | Yoga Flow* |
| 6:30-7:30 | Soul Line Dance* |

## Friday 10

| | |
|---|---|
| 9-9:45 | Total Conditioning* |
| 10-10:45 | Belly Dance Basic* |
| 10-11a | Yoga for You* |
| 10-12p | Wii Bowling* |
| 11:15-12 | Easy Feet*<br>Chi Gong* |
| 12:15-1 | On your Feet*<br>Chi Gong* |
| 1-2p | Table Tennis Adv* |
| 12-5p | Dermatology Clinic by apt. Only<br>1-877-345-5300 |
| 1:15-2:15 | Arthritis Foundation* |

## Saturday 11

| | |
|---|---|
| 10-11a | Functional Training* |

## Monday 13

| | |
|---|---|
| 9-9:45 | Total Conditioning* |
| 10-10:50 | Easy Zumba* |
| 10-12p | Microsoft Word* |
| 10:15-11:15 | August Authors I* |
| 11-12p | Chair Exercise*<br>Caribbean Dance Basic* |
| 12:10-12:50 | Forever Fit* |
| 1-1:45 | Yo-Chi & Balance* |
| 1-2p | Stress Reduction*<br>Table Tennis Beg* |
| 1-3p | Laptops Windows 7* |
| 1:30-3 | Senior Fit |
| 2-2:45 | Cardio Drum* |
| 5-6p | Zumba Gold* |
| 6:30-7:30 | Yoga Flow* |

## Tuesday 14

| | |
|---|---|
| 9-9:45 | Strength Training* |
| 10-10:50 | Tai Chi*<br>Forever Fit* |
| 10-12p | Windows 10 Desktop* |
| 10-2:30 | Sr. Day at Montgomery Fair Trip* |
| 11-12p | Aerobic Workout* |
| 12:15-12:45 | Walking Strong* |
| 1-2p | Arthritis Foundation*<br>Science Tuesday* |
| 1-2:30 | Brain Games* |
| 1-3p | Email Basic* |
| 2:15-3 | Hot Zumba Moves* |
| 3:30-4:30 | Afternoon Yoga Flow* |
| 5-5:45 | Abs and Back* |
| 6:30-7:30 | Soul Line Dance* |

## Wednesday 15

| | |
|---|---|
| 8:45-9:30 | Yoga-lates on the ball* |
| 9:50-10:50 | Yoga for You* |
| 10-10:50 | Easy Zumba* |
| 11-12p | Chair Exercise*<br>Caribbean Dance* |
| 12:10-12:50 | Balance Matters* |
| 1-2p | Table Tennis Int.* |
| 1-3p | Laptops Windows 7* |
| 1:15-2 | On Your Feet* |
| 1:30-3 | Senior Fit |
| 2:15-3:15 | Aerobic Workout* |
| 5-6p | Triple Challenge* |
| | Annual Crab Feast Trip* |

## Thursday 16

| | |
|---|---|
| 9-9:45 | Strength Training* |
| 10-10:50 | Forever Fit* |
| 10-12p | Windows 10 Desktop* |
| 10:30a | Trip Registration -Members |
| 11-12p | Aerobic Workout* |
| 11-11:45 | Pilates Basics* |
| 12:15-12:45 | Walking Strong* |
| 1-2p | Arthritis Foundation* |
| 1-2:30 | Women Living Alone* |
| 1p | Sr. Commission Mtg. |
| 1-3p | Using Right/Left Click*<br>Movie: Book Club |
| 2:15-3 | Pilates Int.* |
| 3:30-4:30 | Afternoon Yoga Flow* |
| 5-6p | Yoga Flow* |
| 6:30-7:30 | Soul Line Dance* |

## Friday 17

| | |
|---|---|
| 9-9:45 | Total Conditioning* |
| 10-10:45 | Belly Dance Basic* |
| 10-11a | Yoga for You* |
| 10-12p | Wii Play* |
| 11:15-12 | Easy Feet*<br>Chi Gong* |
| 12:15-1 | On Your Feet*<br>Chi Gong* |
| 1-2p | Table Tennis Adv* |
| 1-3p | Movie: Book Club |
| 1:15-2:15 | Arthritis Foundation* |

## Saturday 18

| | |
|---|---|
| 10-11a | Functional Training* |

## Monday 20

| | |
|---|---|
| 9-9:45 | Total Conditioning* |
| 10-10:50 | Easy Zumba* |
| 10-12p | Laptop Windows 8* |
| 11-12p | Chair Exercise*<br>Caribbean Dance Basic* |
| 12-1p | Memory Café* |
| 12:10-12:50 | Forever Fit* |
| 1-1:45 | Yo-Chi & Balance* |
| 1-2p | Table Tennis Beg.*<br>Stress Reduction* |
| 1-3p | Microsoft Excel* |
| 1:30-3 | Senior Fit |
| 2-2:45 | Cardio Drum* |
| 5-6p | Zumba Gold* |
| 6:30-7:30 | Yoga Flow* |

## Tuesday 21

| | |
|---|---|
| 9-9:45 | Strength Training* |
| 10-10:50 | Tai Chi*<br>Forever Fit* |
| 10-12p | Maintain Your Computer*<br>Hospice 101 Myth & Truth* |
| 10:30-12 | Kaui-Garden of Hawaii* |
| 11-12p | Aerobic Workout* |
| 12:15-12:45 | Walking Strong* |
| 1-2p | Arthritis Foundation* |
| 1-2:30 | Coping with Change*<br>Kimono Dressing Demo* |
| 1-3p | Using Function Keys*<br>RSI Mtg. |
| 2:15-3 | Hot Zumba Moves* |
| 3:30-4:30 | Afternoon Yoga Flow* |
| 5-5:45 | Abs and Back* |
| 6:30-7:30 | Soul Line Dance* |

## Wednesday 22

| | |
|---|---|
| 8:45-9:30 | Yoga-lates on the ball* |
| 9:50-10:50 | Yoga for You* |
| 10-10:50 | Easy Zumba* |
| 10-12p | Laptop Windows 8* |
| 11-12p | Chair Exercise*<br>Caribbean Dance* |
| 12:10-12:50 | Balance Matters* |
| 1-2p | Table Tennis Int.* |
| 1:15-2 | On Your Feet* |
| 1-3p | Microsoft Excel* |
| 1:30-3 | Senior Fit |
| 2:15-3:15 | Aerobic Workout* |
| 5-6p | Triple Challenge* |

## Thursday 23

| | |
|---|---|
| 9-9:45 | Strength Training* |
| 10-10:50 | Tai Chi*<br>Forever Fit* |
| 10-12p | Maintain Your Computer* |
| 10:30-11:30 | Como Mantenerse Positive |
| 11-12p | Aerobic Workout* |
| 11-11:45 | Pilates Basics* |
| 12:15-12:45 | Walking Strong* |
| 1-2p | Arthritis Foundation*<br>Emergency Preparedness* |
| 1-2:30 | After Caregiving* |
| 1-3p | Using Function Keys*<br>Sr. Commission Mtg |
| 2:15-3 | Pilates Int.* |
| 3:30-4:30 | Afternoon Yoga Flow* |
| 5-6p | Yoga Flow* |
| 6:30-7:30 | Soul Line Dance* |
| | Nationals Game Trip* |

## Friday 24

| | |
|---|---|
| 9-9:45 | Total Conditioning* |
| 10-10:45 | Belly Dance Basic* |
| 10-11a | Yoga for You* |
| 10-12p | Wii Play* |
| 11:15-12 | Easy Feet*<br>Chi Gong* |
| 12:15-1 | On Your Feet*<br>Chi Gong* |
| 1-2p | Table Tennis* |
| 1:15-2:15 | Arthritis Foundation* |

## Saturday 25

| | |
|---|---|
| 10-11a | Functional Training* |

## Monday 27

| | |
|---|---|
| 10-10:50 | Easy Zumba* |
| 10-12p | Windows 10 |
| 10:15-11:15 | August Authors II* |
| 11-12p | Chair Exercise* |
| 1-1:45 | Yo-Chi & Balance* |
| 1-2p | Stress Reduction* |
| 1-3p | Microsoft Excel* |
| 1:30-3 | Senior Fit |
| 5-6p | Zumba Gold* |

## Tuesday 28

| | |
|---|---|
| 10-12p | Android Bascis Phone* |
| 1-2:30 | Balance & Fall |
| 1-2:30 | Brain Games* |
| 1-3p | Avoiding Phone Scams* |

## Wednesday 29

| | |
|---|---|
| 8:45-9:30 | Yoga-lates on the ball* |
| 9:50-10:50 | Yoga for You* |
| 10-12p | Windows 10 Laptop*<br>Caribbean Dance* |
| 12:10-12:50 | Balance Matters* |
| 1-2p | Table Tennis Int.* |
| 1:15-2 | On Your Feet* |
| 1-3p | Microsoft Excel* |
| 1:30-3 | Senior Fit |
| 2:15-3:15 | Aerobic Workout* |
| 5-6p | Triple Challenge* |

## Thursday 30

| | |
|---|---|
| 10-12p | Android Bascis Phone* |
| 10-2p | All Day Exercise* |
| 11-12p | Aerobic Workout* |
| 5-6p | Yoga Flow* |

## Friday 31

| | |
|---|---|
| 10-12p | Wii Play* |
| 1-2p | Table Tennis* |