

AUG

MON	TUE	WED	THU	FRI
2 E Fitness 9a- 10a E Fitness 11a-12p E Fitness (Zoom) 1p-2p Yoga 6:30p- 7:45p	3 Arts & Crafts 9:30a- 12p T.O.P.S 6p- 8p	4 E Fitness (Zoom) 9a- 10a Game Day 10a- 1p	5 Bingo 12:30p- 2p	6 E Fitness 9a- 10a Chen Doc Talk 10a-10:45a E Fitness 11a-12p E Fitness (Zoom) 1p-2p
9 E Fitness 9a- 10a Nutrition Talk 10:15a-11a E Fitness 11a-12p E Fitness (Zoom) 1p-2p Yoga 6:30p- 7:45p	10 Arts & Crafts- Creative Drawing 9:30a- 12p T.O.P.S 6p- 8p	11 E Fitness (Zoom) 9a- 10a Game Day 10a- 1p	12 Bingo 12:30p- 2p	13 E Fitness 9a- 10a E Fitness (Zoom) 9a-10a Mini Trip: Bowling
16 E Fitness 9a- 10a E Fitness 11a-12p E Fitness (Zoom) 1p-2p Yoga 6:30p- 7:45p	17 Arts & Crafts 9:30a- 12p T.O.P.S 6p- 8p	18 Closed In preparation for Senior Appreciation Day	19 Closed In preparation for Senior Appreciation Day	20 Senior Appreciation Day Drive By Cookout 11a-1p
23 E Fitness 9a- 10a Chair Yoga 10:15a-11a E Fitness 11a-12p E Fitness (Zoom) 1p-2p Yoga 6:30p- 7:45p	24 Arts & Crafts 9:30a- 12p T.O.P.S 6p- 8p	25 E Fitness (Zoom) 9a- 10a Get Together at CCC/ Tea Talk 11:30a-1:30p	26 Bingo 12:30p- 2p	27 E Fitness 9a- 10a Humana Health Talk 10a-11a E Fitness 11a-12p E Fitness (Zoom) 1p-2p
30 E Fitness 9a- 10a E Fitness 11a-12p E Fitness (Zoom) 1p-2p Yoga 6:30p- 7:45p	31 Arts & Crafts 9:30a- 12p T.O.P.S 6p- 8p			

Classes have limited availability; please call or email to reserve your space in the activity.

Yoga 6:30: \$10 per class: Val Jennings 954-663-0922

T.O.P.S. 6p: \$26 reg. fee/ \$5 monthly:
Joseph Lamonica 954-980-3778

Zoom Login

Monday

Enhanced Fitness ID: 897 4591 7794 Passcode: 165938

Tuesday

Arts & Crafts 10a ID: 951 8795 7443 Passcode: 674234

Wednesday

Enhanced Fitness ID: 979 7820 4474 Passcode: 891832

Thursday

Bingo 12:30p ID: 980 7792 5677 Passcode: 758888

Friday

Enhanced Fitness ID: 897 4591 7794 Passcode: 165938

Information is subject to change.