

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30 8 pieces stretch exercise 10am-Tai Chi 10:30 Rummikub	4 9:30am Chair Yoga Video 10am 8 pieces stretch exercise 10:30am Rummikub	5 9:30 Chair yoga video 10am-8 pieces stretch exercise (video) 10:30am Rummikub	6 9:30am Crochet & Knitting Club 9:30am Mahjong beginners & advanced 9:30-Table games 10:00am My Legacy Memoir	7 9:30 Chair Zumba video 10am-8 pieces stretch exercise & Tai Chi 10:30 Dominoes & Rummikub
10 9:30 8 pieces stretch exercise 10am-Tai Chi 10:30 Rummikub	11 9:30am Chair Yoga Video 10am 8 pieces stretch exercise 10:00am Bridge 10:30am Rummikub	12 9:30 Chair yoga video 10am-8 pieces stretch exercise (video) 10:30am Rummikub	13 9:30am Crochet & Knitting Club 9:30am-8 pieces stretch exercise 9:30am Mahjong beginners & advanced 9:30-Table games 10:00am My Legacy Memoir	14 CLOSED FOR CARPET CLEANING!!!
17 9:30 8 pieces stretch exercise 10am-Tai Chi 10:30 Rummikub	18 9:30am Chair Yoga Video 10am 8 pieces stretch exercise 10:00am Bridge 10:30am Rummikub	19 9:30 Chair yoga video 10am-8 pieces stretch exercise (video) 10:30am Rummikub	20 9:30am Crochet & Knitting Club 9:30am 8 pieces stretch exercise 9:30am Mahjong beginners & advanced 9:30-Table games 10:00am My Legacy Memoir	21 9:30 Chair Zumba video 10am-8 pieces stretch exercise & Tai Chi 10:30 Dominoes & Rummikub 11am Book Club
24 9:30 8 pieces stretch exercise 10am-Tai Chi 10:30 Rummikub	25 9:30am Chair Yoga Video 10am 8 pieces stretch exercise 10:00am Bridge 10:30am Rummikub	26 9:30 Chair yoga video 10am-8 pieces stretch exercise (video) 10:30am Rummikub	27 9:30am Crochet & Knitting Club 9:30am 8 pieces stretch exercise 9:30am Mahjong beginners & advanced 9:30-Table games 10:00am My Legacy Memoir	28 9:30 Chair Zumba video 10am-8 pieces stretch exercise & Tai Chi 10:30 Dominoes & Rummikub
31 9:30 8 pieces stretch exercise 10am-Tai Chi 10:30 Rummiku				*schedule subject to change without notice

AUGUST 2026