


AUGUST 2023

“ FOCUS ON THE STEP IN FRONT OF YOU NOT THE ENTIRE STAIRCASE “

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS (DON NEE) 12:30 PINOCHLE 12:30 BAND PRACTICE	2 9-3 WALK THE TRACK 12:00 TECH HELP 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING <i>(ON HIATUS)</i> 12:30 TAI CHI FOR ARTHRITIS GROUP #1 1:45 TAI CHI GROUP #2	3 9-3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS (DON NEE) 12:30-2:30 MAH JONGG <i>(ON HIATUS)</i>	4 9-3 WALK THE TRACK 10:30 SING-A-LONG	5
6	7 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN	8 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE	9 9-3 WALK THE TRACK 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING <i>(ON HIATUS)</i> 12:30 TAI CHI GROUP #1 1:45 TAI CHI GROUP #2	10 9- 3 WALK THE TRACK 9:30 TO 12:00 NURSE 10:15 BINGO 11:30 FUN & FITNESS 12:30-2:30 MAH JONGG <i>(ON HIATUS)</i>	11 9-3 WALK THE TRACK 10:30 SING-A-LONG	12
13	14 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN 12:30 COFFEE WITH UM TAX COLLECTOR EVELYN ANKERS	15 9 -3 WALK THE TRACK 10:00 BOARD MEETING 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	16 9-3 WALK THE TRACK 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:00 TECH HELP 12:30 CANASTA 12:30 LINE DANCING <i>(ON HIATUS)</i> 12:30 TAI CHI GROUP #1 1:45 TAI CHI GROUP #2	17 9-3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS 12:30-2:30 MAH JONGG <i>(ON HIATUS)</i>	18 9-3 WALK THE TRACK 10:30 SING-A-LONG	19
20 NATIONAL SENIOR CITIZENS DAY AUG. 21	21 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN 1:00-2:30 ICE CREAM SOCIAL	22 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	23 9-3 WALK THE TRACK 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING <i>(ON HIATUS)</i> 12:30 TAI CHI GROUP #1 1:45 TAI CHI GROUP #2	24 9-3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS 12:30-2:30 MAH JONGG <i>(ON HIATUS)</i> 1:00 QUILTING	25 9-3 WALK THE TRACK 10:30 SING-A-LONG	26
27	28 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN	29 9 -3 AM WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	30 9-3 WALK THE TRACK 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING <i>(ON HIATUS)</i> 12:30 TAI CHI GROUP #1 (FINAL SESSION) 1:45 TAI CHI GROUP #2 (FINAL SESSION)	31 9 - 3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS 12:30-2:30 MAH JONGG <i>(ON HIATUS)</i>	