



PROGRAM CALENDAR - AUGUST 2022

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
10 BINGO 11 Walking Group 1 Advisory Meeting	10:30 am Strengthen & Stretch Zoom Class 1 Mahjong 3 Bone Builders	9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms 1 Gentle Yoga	10 Cribbage 10:30 am Strengthen & Stretch Zoom 12 Spanish Table 12:30 Tech Support 3 Bone Builders	10 am BINGO 10-12 CCC Office Hours 1 Mahjong
8	9	10	11	12
10 BINGO 11 Walking Group	10:30 Reflexology 10:30 am Strengthen & Stretch Zoom Class 12 Caregiver Support Group (in-person) 1 Mahjong 2 SLN Program: Historic Hoover Dam 3 Bone Builders	9:30 Intro to Tai Chi 10 Veggie VanGo 10:30 Handwork Circle 10:40 Sun 73 Forms 1 Gentle Yoga	10 Cribbage 10:30 am Strengthen & Stretch Zoom 12 Spanish Table 3 Bone Builders	10 BINGO 10-12 CCC Office Hours 1 Mahjong
15	16	17	18	19
8:30 Newsletter Folding 10 BINGO 11 Walking Group	9:30 Commodities 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong 1 251 Club Program 2 SLN Program: Angel Island 3 Bone Builders	8:30 Board Meeting 10:30 Handwork Circle 1 Gentle Yoga	9-2:30 Foot Clinic 10 Cribbage 10:30 am Strengthen & Stretch Zoom 12 Spanish Table 12:30 Tech Support 1:30 Virtual Tour of Spain 3 Bone Builders	10 BINGO 1 Mahjong
22	23	24	25	26
10 BINGO 11 Walking Group	9 Reflexology 10:30 am Strengthen & Stretch Zoom Class 11:30 am Caption Call Program 1 Mahjong 2 SLN Program: Mighty Eight Air Force 3 Bone Builders	9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms 1 Gentle Yoga	Birthday Day 9 Virtual Legal Aid Clinic 10 Cribbage 10:30 am Strengthen & Stretch Zoom 12 Spanish Table 3 Bone Builders	10 BINGO 10-12 CCC Office Hours 1 Mahjong
29	30	31		
10 BINGO 11 Walking Group	10:30 am Strengthen & Stretch Zoom Class 1 Mahjong 2 SLN Program: Theodore Roosevelt Birthplace 3 Bone Builders	9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms 1 Gentle Yoga		RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS