

2026

August

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 <u>Fitness Plus</u> 12-1pm <u>Game Room</u> 1-4pm <u>Ice Cream Floats</u> 2-3:30pm	4 <u>Stretch&Tone1</u> 8:45 - 9:45a <u>Stretch&Tone2</u> 10-11am <u>Line Dance</u> 11:30-12:30pm <u>TableTennis</u> 1:30-4pm	5 <u>Knit, Stitch&Chat</u> 10-12pm <u>Fitness Plus</u> 12-1pm <u>Game Room</u> 1-4pm	6 <u>Stretch&Tone1</u> 8:45 - 9:45a <u>Stretch&Tone2</u> 10-11am <u>TableTennis</u> 1:30-4pm	7 <u>Euchre</u> 9:30 - 10am <u>Line Dance</u> 10-11am <u>Stretch&Tone+</u> 12-1pm	8
9	10 <u>Fitness Plus</u> 12-1pm <u>Library Pop-up!</u> 1-2pm <u>Game Room</u> 1-4pm <u>Book Club: Cursed</u> 2:15-3:15pm	11 <u>Stretch&Tone1</u> 8:45 - 9:45a <u>Stretch&Tone2</u> 10-11am <u>Line Dance</u> 11:30-12:30pm <u>TableTennis</u> 1:30-4pm	12 <u>Knit, Stitch&Chat</u> 10-12pm <u>Fitness Plus</u> 12-1pm <u>Game Room</u> 1-4pm	13 <u>Stretch&Tone1</u> 8:45 - 9:45a <u>Stretch&Tone2</u> 10-11am <u>TableTennis</u> 1:30-4pm	14 <u>Line Dance</u> 10-11am <u>Stretch&Tone+</u> 12-1pm	15
16	17 <u>Fitness Plus</u> 12-1pm <u>Game Room</u> 1-4pm	18 <u>Stretch&Tone1</u> 8:45 - 9:45a <u>Stretch&Tone2</u> 10-11am <u>Line Dance</u> 11:30-12:30pm <u>TableTennis</u> 1:30-4pm	19 <u>SRG: Advantage</u> 10-11:30am <u>Fitness Plus</u> 12-1pm <u>Game Room</u> 1-4pm	20 <u>Stretch&Tone1</u> 8:45 - 9:45a <u>Stretch&Tone2</u> 10-11am <u>TableTennis</u> 1:30-4pm	21 <u>Line Dance</u> 10-11am <u>Friday Lunch</u> 11:30-12:30p <u>BINGO</u> 1-2pm	22
23	24 <u>Fitness Plus</u> 12-1pm <u>Game Room</u> 1-4pm	25 <u>Stretch&Tone1</u> 8:45 - 9:45a <u>Stretch&Tone2</u> 10-11am <u>Line Dance</u> 11:30-12:30pm <u>TableTennis</u> 1:30-4pm	26 <u>Knit, Stitch&Chat</u> 10-12pm <u>Fitness Plus</u> 12-1pm <u>Game Room</u> 1-4pm	27 <u>Stretch&Tone1</u> 8:45 - 9:45a <u>Stretch&Tone2</u> 10-11am <u>TableTennis</u> 1:30-4pm	28 <u>Line Dance</u> 10-11am <u>Ex. Your Mind</u> 12-1pm	29
30	31 <u>Ex. Your Mind</u> 11-12pm <u>Game Room</u> 1-4pm					