

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 NO Exercise Today	3	4 NO Exercise Today	5	6
7	8	9 1:30 Gentle Movement	10	11 8:30 Gentle Movement	12	13
14	15 	16 1:30 Brain Training! 2:20 "Getting Crafty" Fall Craft RSVP by Aug. 9 *Pictured here is an example of 1 craft. ☺	17	18 8:30 Brain Training!	19	20
21	22	23 1:30 Balance/Strength Pool Noodles	24	25 8:30 Balance/Strength Pool Noodles	26	27
28	29	30 12:30 Summer's End Potluck! <u>No exercise today!</u> -Bring a Covered Dish or two and a dessert to share! RSVP by 9/23 Drinks & Table Service Provided.	31 			

All exercise classes will be held in the Activity Center. What to bring: Yourself, A Positive Attitude, & Water to stay hydrated!