

August 2010

Mon	Tue	Wed	Thu	Fri
2 Blood Pressures 10:15	3 Open Bridge 1:00	4	5 Cards and Games in Multipurpose A 12:00	6
9 Blood Pressures 10:15	10 Open Bridge 1:00	11	12 Cards and Games in Multipurpose A 12:00	13 Introduction to Active Older Adult Act. Noon
16 Blood Pressures 10:15 Let's Dance starts again	17 Open Bridge 1:00	18 Lunch at Ramsey's Noon	19 Cards and Games in Multipurpose A 12:00	20
23 Blood Pressures 10:15	24 Open Bridge 1:00	25	26 Cards and Games in Multipurpose A 12:00	27 Introduction to Active Older Adult Act. Noon
30 Blood Pressures 10:15	31 Open Bridge 1:00			

Weekly Exercise Schedule

SilverSneakers® I 9:45 Let's Dance 9:45 SilverSneakers® I 10:45 SilverSneakers® II 10:45	SilverSneakers® I 9:45 SilverSneakers® II 10:45 Yoga Stretch® 11:45 SilverSplash® 1:00 Let's Ride 12:00	SilverSneakers® Yoga Stretch 9:45 SilverSneakers® I 10:45	SilverSneakers® II 10:45 SilverSplash® 1:00 Let's Ride 12:00	SilverSneakers® I 10:45
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