

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>1 10:00am – Bingo (see back for details) 1:00-3p- Island Kickers</p>	<p>2 10:00am – Bingo (see back for details) 1:00-3p- Island Kickers</p>	<p>3 11:00- Sewing Bees (B) 11:00-1:00pm- Tech Support Tuesday (C) 2:00p- Tight & Tone \$5</p>	<p>4 9:00-10:30a - Banana Nanas 10:30a- Art Group (B) 11:00a- ZUMBA w/ Caroline 12:30- Sit & Be Fit</p>	<p>5 9:30a- Pilates 1:00p-Beginner Line Dance 5:30p- ZUMBA w/ Caroline</p>	<p>6 9:45a-SPRY Chair + Mat Yoga 11:00a- SPRY Chair only Yoga (\$donation classes)</p>	<p>7</p>
<p>8 Rental</p>	<p>9 10:00am – Bingo (see back for details) "Name That Tune" with Comfort Keepers 1:00-3p- Island Kickers</p>	<p>10 9:30a- YOGA 101 1:00-3p- Caregiver Support Group (C) 2:00p- Tight & Tone \$5</p>	<p>11 9:00-10:30a - Banana Nanas 9:00a- Pop Up Class!~ CHAIR STRETCH (B) 10:30a- Art Group (B) 11:00a- ZUMBA 12:30- Sit & Be Fit</p>	<p>12 9:30a- Pilates 1:00p-Beginner Line Dance 5:30p- ZUMBA w/ Caroline</p>	<p>13 9:45a-SPRY Chair + Mat Yoga 11:00a- SPRY Chair only Yoga (\$donation classes)</p>	<p>14</p>
<p>15</p>	<p>16 10:00am – Bingo (see back for details) 1:00-3p- Island Kickers</p>	<p>17 9:30a- YOGA 101 11:00- Sewing Bees (B) 2:00p- Tight & Tone \$5</p>	<p>18 9:00-10:30a - Banana Nanas 10:30a- Art Group (B) 11:00a- ZUMBA w/ Caroline 12:30- Sit & Be Fit</p>	<p>19 9:30a- Pilates 1:00p-Beginner Line Dance 5:30p- ZUMBA w/ Caroline</p>	<p>20 9:45a-SPRY Chair + Mat Yoga 11:00a- SPRY Chair only Yoga (\$donation classes)</p>	<p>21 Kitten Yoga 9:30 & 11:00am Together with Animal Services, class fees will benefit CrimeStoppers of Sav-Chatham. See staff for more details to register.</p>
<p>22</p>	<p>23 9am- 4pm- MSC Workshop (Open to public, see staff for registration information)</p>	<p>24 9:30a- YOGA 101 2:00p- Tight & Tone \$5</p>	<p>25 9:00-10:30a - Banana Nanas 10:30a- Art Group (B) 11:00a- ZUMBA w/ Caroline 12:30- Sit & Be Fit</p>	<p>26 9:30a- Pilates 5:30p- ZUMBA w/ Caroline</p>	<p>27 9:45a-SPRY Chair + Mat Yoga 11:00a- SPRY Chair only Yoga (\$donation classes)</p>	<p>28</p>
<p>29</p>	<p>30 10:00am – Bingo (see back for details) Safe Driver Course Info with AARP 1:00-3p- Island Kickers</p>	<p>31 9:30a- YOGA 101 11:00- Pop Up Class!~ CARDIO HIP HOP 2:00p- Tight & Tone \$5</p>	 <p>Find us on:  facebook</p> <h1>August 2021</h1> <p>~ All programs are in Room A unless specified (B) or (C) ~</p>			