




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Find us on: <b>facebook.</b>	<b>1</b> <b>10am-</b> Bingo <b>1-3pm-</b> Island Kickers	<b>2</b> <b>9:30am-</b> Yoga 101 <b>10:30am-</b> Sewing Bees (C) <b>11am-1pm- Tech Help Tuesday</b>	<b>3</b> <b>9:45am-</b> SPRY Mat Yoga (\$donation) <b>10:30am-</b> Art Group <b>11am-</b> ZUMBA	<b>4</b> <b>8:30am -</b> Indoor Walkie Talkies (30 min power walk) <b>1-3pm-</b> Beginner Line Dance	<b>5</b> <b>8:30am -</b> Indoor Walkie Talkies (30 min power walk) <b>9:45am-</b> SPRY Chair+ Mat <b>11am-</b> SPRY Chair only (\$donation)	<b>6</b>
	<b>7</b> <b>9am- Balanced 4 Life w/ Mary Draper (B) Free Presentation!</b> <b>10am-</b> Bingo	<b>8</b> <b>9:30am-</b> Yoga 101 <b>1:00-3p- Caregiver Support Group (C)</b> <b>2pm-Tight &amp; Tone \$5</b> <b>4:30pm- ACTIVATE</b> Afterschool Program	<b>9</b> <b>9:45am-</b> SPRY Mat Yoga (\$donation) <b>10:30am-</b> Art Group <b>11am-</b> ZUMBA <b>12:45pm-</b> Sit & Be Fit	<b>10</b> <b>8:30am -</b> Indoor Walkie Talkies (30 min power walk) <b>10am-</b> ZUMBINI- demo (B) <b>1-3pm-</b> Beginner Line Dance	<b>11</b> <b>9am-3pm AARP Safe Driver Class* register at front desk</b> <b>9:45am-</b> SPRY Chair+ Mat <b>11am-</b> SPRY Chair only (\$donation)	<b>12</b> <b>13</b>
	<b>14</b> <b>10am-</b> Bingo <i>Thanks to Katy H of St Jo/Candler Movement Disorders Program</i> <b>1-3pm-</b> Island Kickers	<b>15</b> <b>9:30am-</b> Yoga 101 <b>10:30am-</b> Sewing Bees (C) <b>1pm- Pop Up Class: Tai Chi w/ Elaine</b> <b>2pm-Tight &amp; Tone \$5</b> <b>4:30pm- ACTIVATE</b> Afterschool Program	<b>16</b> <b>9:45am-</b> SPRY Mat Yoga (\$donation) <b>10:30am-</b> Art Group <b>11am-</b> ZUMBA <b>12:45pm-</b> Sit & Be Fit	<b>17</b> <b>9am-1pm- CRM workshop (A/C)</b> <b>10am-</b> ZUMBINI (B) <b>1-3pm-</b> Beginner Line Dance <b>6-8pm-</b> BRS Meeting	<b>18</b> <b>8:30am -</b> Indoor Walkie Talkies (30 min power walk) <b>9:45am-</b> SPRY Chair+ Mat <b>11am-</b> SPRY Chair only (\$donation)	<b>19</b> <b>20</b>
Private Rental Island Music Makers 2-4pm	<b>21</b> <b>10am-</b> Bingo <b>1-3pm-</b> Island Kickers *September* <b>REGISTRATION Opens today 9am</b>	<b>22</b> <b>9:30am-</b> Yoga 101 <b>11am-1pm- Tech Help Tuesday</b> <b>2pm-Tight &amp; Tone \$5</b> <b>4:30pm- ACTIVATE</b> Afterschool Program	<b>23</b> <b>9:45am-</b> SPRY Mat Yoga (\$donation) <b>10:30am-</b> Art Group <b>11am-</b> ZUMBA <b>12:45pm-</b> Sit & Be Fit	<b>24</b> <b>8:30am -</b> Indoor Walkie Talkies (30 min power walk) <b>9:30am-</b> Pilates <b>10am-</b> ZUMBINI (B) <b>1pm-Pop Up Class: Line Dance w/ Stephanie</b>	<b>25</b> <b>8:30am -</b> Indoor Walkie Talkies (30 min power walk) <b>9:45am-</b> SPRY Chair+ Mat <b>11am-</b> SPRY Chair only (\$donation)	<b>26</b> <b>27</b>
<b>28</b>	<b>29</b> <b>10am-</b> Bingo <b>11:15am- LUNCH BUNCH &amp; a Game Show</b>	<b>30</b> <b>9:30am-</b> Yoga 101 <b>11am-1pm- Tech Help Tuesday</b> <b>2pm-Tight &amp; Tone \$5</b> <b>4:30pm- ACTIVATE</b> Afterschool Program	<b>31</b> <b>9:30am-</b> Pilates <b>10:30am-</b> Art Group <b>12:45pm-</b> Sit & Be Fit	<h1>August 2022</h1> <h2>Frank G Murray Community Center</h2> <p>National Wellness Month</p>		