

# August 2024

Mon	Tues	Wed	Thurs	Fri
				1
			10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Aging Mastery Program Workshops	2
5	6	7	8	9
9:00 am - 11:30 am RSVP Garden Club 9:00 am - 10:00 am Line Dancing Class- Beginner's 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Line Dancing Class- Advanced	10:00 am - 11:00 am Low Impact Aerobics 11:00 am - 12:00 pm Senior Stretch & Yoga	9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Skills Session 12:00 pm - 1:00 pm Dementia Family Support Group – Albany	10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Aging Mastery Program Workshops	
12	13	14	15	16
9:00 am - 11:30 am RSVP Garden Club 9:00 am - 10:00 am Line Dancing Class- Beginner's 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Line Dancing Class- Advanced	9:00 am - 12:00 pm AARP Smart Driver Course 10:00 am - 11:00 am Low Impact Aerobics 11:00 am - 12:00 pm Senior Stretch & Yoga 10:00 am - 11:00 pm Virtual Tai Chi... 1:30 pm - 2:30 pm Virtual Tai Chi ...	9:00 am - 12:00 pm AARP Smart Driver Course 9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Skills Session	9:00 am - 11:00 am ADRC Advisory Council/Senior Hunger Coalition–VIRTUAL 9:00 am - 1:00 pm Dealing with Dementia Workshop 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Aging Mastery Program Workshops	
19	20	21	22	23
9:00 am - 11:30 am RSVP Garden Club 9:00 am - 10:00 am Line Dancing Class- Beginner's 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Line Dancing Class- Advanced	9:30 am - 11:30 am Game Day 10:00 am - 11:00 am Low Impact Aerobics 11:00 am - 12:00 pm Senior Stretch & Yoga 10:00 am - 11:00 pm Virtual Tai Chi... 1:30 pm - 2:30 pm Virtual Tai Chi ...	9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Skills Session	10:00 am - 11:00 am Chair Fitness 10:00 am - 12:00 pm "A Better Way Grocers" Mobile Grocery Truck 11:00 am - 12:00 pm Aging Mastery Program Workshops	
26	27	28	29	30
9:00 am - 11:30 am RSVP Garden Club 9:00 am - 10:00 am Line Dancing Class- Beginner's 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Line Dancing Class- Advanced	10:00 am - 11:00 am Low Impact Aerobics 11:00 am - 12:00 pm Senior Stretch & Yoga 10:00 am - 11:00 pm Virtual Tai Chi... 1:30 pm - 2:30 pm Virtual Tai Chi ...	9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Skills Session	10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Aging Mastery Program Workshops	