

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>AUGUST 2018</h1>				
<p>6</p> <p>9:15 EXERCISE VIDEO</p> <p><b>**10:00 SEWING FOR HOLIDAY BAZAAR</b></p> <p><b>**10:00-12:00 A.C. TRIP REG.</b></p> <p>10:30 STRENGTH &amp; STABILITY</p> <p><b>**1:00 SEWING FOR HOLIDAY BAZAAR</b></p>	<p>7</p> <p>9:00 TAI CHI</p> <p>10:00 ZUMBA "GOLD"</p> <p><b>**10:00-12:00 A.C. TRIP REG.</b></p>	<p>8</p> <p>9:00 CHAIR YOGA</p> <p>10:30 CONVERSATIONAL ITALIAN</p> <p>10:30 L.B. OLD GUARD</p> <p>12:00 MEN'S CARD PLAYING</p> <p>12:00 CROCHET</p> <p><b>**1:00 BEGINNER COOKIE DECORATING</b></p>	<p>9</p> <p>9:30 ZUMBA "GOLD"</p> <p>1:30 LINE DANCING</p>	<p>3</p> <p>9:15 EXERCISE VIDEO</p> <p><b>**10:00 SEWING ROOM - ALL LEVELS</b></p> <p>10:30 STRENGTH &amp; STABILITY</p> <p>11:30 BINGO</p>
<p>13</p> <p>9:15 EXERCISE VIDEO</p> <p><b>**10:00 SEWING FOR HOLIDAY BAZAAR</b></p> <p>10:30 STRENGTH &amp; STABILITY</p> <p><b>**1:00 SEWING FOR HOLIDAY BAZAAR</b></p>	<p>14</p> <p>9:00 TAI CHI</p> <p>10:00 ZUMBA "GOLD"</p> <p><b>**1:30 ART STUDIO</b></p>	<p>15</p> <p>9:00 CHAIR YOGA</p> <p><b>**10:00 LEGAL SERVICES APPTS.</b></p> <p>10:30 CONVERSATIONAL ITALIAN</p> <p>10:30 L.B. OLD GUARD</p> <p>12:00 MEN'S CARD PLAYING</p> <p>12:00 CROCHET</p> <p><b>**1:30 MOVIE MATINEE</b></p>	<p>16</p> <p>9:30 ZUMBA "GOLD"</p> <p><b>**11:00 TECH SAVVY</b></p> <p>1:30 LINE DANCING</p>	<p>17</p> <p>9:15 EXERCISE VIDEO</p> <p><b>**10:00 SEWING ROOM - ALL LEVELS</b></p> <p>10:30 STRENGTH &amp; STABILITY</p> <p>11:30 BINGO</p>
<p>20</p> <p>9:15 EXERCISE VIDEO</p> <p><b>**10:00 SEWING FOR HOLIDAY BAZAAR</b></p> <p>10:30 STRENGTH &amp; STABILITY</p> <p><b>**1:00 SEWING FOR HOLIDAY BAZAAR</b></p>	<p>21</p> <p>9:00 TAI CHI</p> <p>10:00 ZUMBA "GOLD"</p> <p><b>**1:30 ART STUDIO</b></p>	<p>22</p> <p>9:00 CHAIR YOGA</p> <p><b>**9:30-11:30 BLOOD PRESS. SCRIN.</b></p> <p><b>NO ITALIAN PER INSTRUCTOR</b></p> <p>10:30 L.B. OLD GUARD</p> <p>12:00 MEN'S CARD PLAYING</p> <p>12:00 CROCHET</p> <p><b>**1:30 CRAFTAFTERNOON CLASS</b></p>	<p>23</p> <p>9:30 ZUMBA "GOLD"</p> <p><b>**10:00-12:00 S.H.I.P. APPTS.</b></p> <p>1:30 LINE DANCING</p>	<p>24</p> <p>9:15 EXERCISE VIDEO</p> <p><b>**10:00-12:00 THEATRE GROUP REG.</b></p> <p><b>**10:00 SEWING ROOM - ALL LEVELS</b></p> <p>10:30 STRENGTH &amp; STABILITY</p> <p>11:30 BINGO</p>
<p>27</p> <p>9:15 EXERCISE VIDEO</p> <p><b>**9:15 ATLANTIC CITY TRIP</b></p> <p><b>**10:00 SEWING FOR HOLIDAY BAZAAR</b></p> <p>10:30 STRENGTH &amp; STABILITY</p> <p><b>**1:00 SEWING FOR HOLIDAY BAZAAR</b></p>	<p>28</p> <p>9:00 TAI CHI</p> <p>10:00 ZUMBA "GOLD"</p> <p><b>**1:30 ART STUDIO</b></p>	<p>29</p> <p>9:00 CHAIR YOGA</p> <p><b>NO ITALIAN PER INSTRUCTOR</b></p> <p>10:30 L.B. OLD GUARD</p> <p>12:00 MEN'S CARD PLAYING</p> <p>12:00 CROCHET</p>	<p>30</p> <p>9:30 ZUMBA "GOLD"</p> <p>1:30 LINE DANCING</p>	<p>31</p> <p>9:15 EXERCISE VIDEO</p> <p><b>**10:00 SEWING ROOM - ALL LEVELS</b></p> <p>10:30 STRENGTH &amp; STABILITY</p> <p>11:30 BINGO</p>