

August 2024

MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> • 10-12 Mahjong (RM 12) • 10-11 Zumba Gold (Studio 2) • 11:30 -12:30 Book Club (2nd Monday) August Book: August 12 - Eastbound, by Maylis de Kerangel, • 1-3 My Story Project (2nd Monday) 	<ul style="list-style-type: none"> • 10-11 Strength & Balance (RM S1) NO CLASS AUGUST 6 and 13 RETURNS AUGUST 20 • 11-12 Gentle Yoga / RM 12 (Senior Center) NO CLASS AUGUST 6 and 13 RETURNS AUGUST 20 • 1-2 Line Dancing Bliss (RM S2) 	<ul style="list-style-type: none"> • 10 - 11 Tai Chi (RM S1) • 10-11 Zumba Gold (Studio 2) • 11-12:30 Women's Friendship Group RM 11 (2nd & 4th Wed) • 1-3 Life History Writing (RM 12) 	<ul style="list-style-type: none"> • 11-12 Nonfiction Book Club (3rd Thursday) August Book: "American Nations" by Colin Woodard • 10-11 Zumba Gold (Studio 2) • 1-3 Fun Bridge (RM 12) 	<ul style="list-style-type: none"> • 12-3 Open Art / (RM 11) • 1-3 Pinochle (RM 12)  <p>Birthday Bash! August 30 12PM-2PM Snacks provided by Eskaton!</p>

WELLNESS PROGRAM IN BLUE. ALL CLASSES ARE HELD IN THE STUDIOS UNLESS NOTED.

ALL CLASSES IN ROOM 12 UNLESS NOTED.

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