



# August 2020 Virtual Programs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
	Mayor Barnett YouTube 9 am – Cardio & Core 10:30 am – Mindful Mon. 6 pm - Meditation	9 am – Stretch & Strength 11 am – Computer Club	9 am – Balance & Coordinate	Where are We? 9 am – Stretch & Strength 10:30 am – Mac Group	11 am – French Group 2 pm German Group	
9	10	11	12	13	14	15
	9 am – Cardio & Core 10:30 am – Mindful Mon. 2 pm – Excel 6 pm - Meditation	Art-to-Go – Mason Jar 9 am – Stretch & Strength 11 am – Computer Club	9 am – Balance & Coordinate	Where are We? 9 am – Stretch & Strength 2 pm – Learn French		
16	17	18	19	20	21	22
	9 am – Cardio & Core 10:30 am – Mindful Mon. 6 pm - Meditation	9 am – Stretch & Strength 11 am – Computer Club 7 pm – Facing Dementia	9 am – Balance & Coordinate 10:30 am – Savvy Seniors 1 pm – Rewired not Retired	Where are We? 9 am – Stretch & Strength 10:30 am – Mac Group 1 pm – Power of Sleep	11 am – French Group 2 pm German Group	
23	24	25	26	27	28	29
	9 am – Cardio & Core 10:30 am – Mindful Mon. 6 pm - Meditation	Art-to-Go – Owl 9 am – Stretch & Strength 11 am – Computer Club 1 pm – Book Club	9 am – Balance & Coordinate 1 pm – Managing Grief	Where are We? 9 am – Stretch & Strength 2 pm - Learn German	1 pm – Movie Critic	
30	31					
	9 am – Cardio & Core 10:30 am – Mindful Mon. 6 pm - Meditation	<b>Information and links to register for these programs are available on the Homepage under Featured Virtual Programs - <i>Please register in advance!</i></b>				