



# August 2020 Outdoor Programs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
	7 am – Rise & Shine #1 1 pm – Line Dance 4 pm – Strengthen Bones	7 am – Sunrise Yoga 8:30 am – Muscular Endur. 9 am – Bike for Coffee 2 pm - Ukulele 4 pm – Beginning Tai Chi	7 am – Rise & Shine #1 8:30 am – Stretch & Balance 9 am – Gardening Group 10 am – Walking Wed.'s 10 am - Watercolor	7 am – Sunrise Yoga 8:30 am – Muscular Endur. 10 am – Mosaic Tile	7 am – Rise & Shine #1 10 am – Beginning Tai Chi	
9	10	11	12	13	14	15
	7 am – Rise & Shine #1 10 am - Watercolor 1 pm – Line Dance 4 pm – Strengthen Bones	7 am – Sunrise Yoga 8:30 am – Muscular Endur. 9 am – Bike for Coffee 11 am – Terrific Tuesday 2 pm - Ukulele 4 pm – Beginning Tai Chi	7 am – Rise & Shine #1 8:30 am – Stretch & Balance 9 am – Gardening Group 10 am – Walking Wed.'s 10 am – Veterans Connect	7 am – Sunrise Yoga 8:30 am – Muscular Endur. 10 am – Derby Hat	7 am – Rise & Shine #1 10 am – Beginning Tai Chi 1 pm – Financial Friday	
16	17	18	19	20	21	22
	7 am – Rise & Shine #2 1 pm – Line Dance 4 pm – Strengthen Bones	7 am – Sunrise Yoga 8:30 am – Muscular Endur. 9 am – Bike for Coffee 2 pm - Ukulele 4 pm – Beginning Tai Chi	7 am – Rise & Shine #2 8:30 am – Stretch & Balance 9 am – Gardening Group 10 am – Walking Wed.'s	7 am – Sunrise Yoga 8:30 am – Muscular Endur. 10 am – Stepping Stone 2 pm – Drum Circle	7 am – Rise & Shine #2 10 am – Beginning Tai Chi 10 am – Caring Loss Group	
23	24	25	26	27	28	29
	7 am – Rise & Shine #2 1 pm – Line Dance 2 pm – Social Hour 4 pm – Strengthen Bones	7 am – Sunrise Yoga 8:30 am – Muscular Endur. 9 am – Bike for Coffee 2 pm - Ukulele 4 pm – Beginning Tai Chi	7 am – Rise & Shine #2 8:30 am – Stretch & Balance 9 am – Gardening Group 10 am – Walking Wed.'s 10 am – Bingo Pizza Party	7 am – Sunrise Yoga 8:30 am – Muscular Endur. 11 am – Womens' Luncheon 2 pm – Drum Circle	7 am – Rise & Shine #2 10 am – Beginning Tai Chi 10 am – Visually Impaired	
30	31					
	1 pm – Line Dance	<b>Registration is <u>required</u> through <i>MyActiveCenter</i> (preferred) or by calling 248.608.0251 on Tuesday or Thursday 9 am – 2 pm - <i>Don't wait to register - Limited capacity</i></b>				