

August 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9am Aqua Range of Motion 10am Balance and Strength NO Tai Chi	2 8:15am Boys of Cypress 9am Cardio Fusion 9:30am C&C with Shane in Villa A 10am Balance and Strength 11am Aqua Aerobics 2pm Resistance Bands 101 Clinic 4pm Great Decisions 5:00pm Happy Hour 7:30pm Magic by David	3 9am Aqua Range of Motion 10am Balance and Strength NO Tai Chi 5:00pm Happy Hour	4 9am Core-lates 10am Balance and Strength 11am Aqua Aerobics 3pm Music Bingo 5:00pm Happy Hour 6:30pm Glorious	5 2pm Chair Volleyball
6 3pm Chair Volleyball	7 9:00am Aqua Aerobics 9:30am Yoga with Howie 10am Balance and Strength 11am Aqua Aerobics 1pm Creative Threads 3:30pm Balance 101 Clinic	8 9am Aqua Range of Motion 10am Balance and Strength NO Tai Chi 11am lecture on skin changes with age and proper skin care	9 8:15am Boys of Cypress 9am Cardio Fusion 10am Stacy Miller-- Running for Raleigh City Council 10am Balance and Strength 11am Aqua Aerobics 2pm Resistance Bands 101 Clinic 5:00pm Happy Hour	10 9am Aqua Range of Motion 10am Balance and Strength NO Tai Chi 11am Heritage Healthcare Lecture 5:00pm Happy Hour	11 9am Core-lates 10am Balance and Strength 11am Aqua Aerobics 3:30 Wii Bowling 5:00pm Happy Hour	12 2pm Chair Volleyball
13 3pm Chair Volleyball	14 9:00am Aqua Aerobics 9:30am Yoga with Howie 10am Balance and Strength 10am Avada Hearing in Art Studio 11am Aqua Aerobics 1pm Creative Threads 3:30pm Balance 101 Clinic	15 9am Aqua Range of Motion 9:30am-11am Hearing Aid Care Clinic 10am Balance and Strength 10:15am JC Raulston Arboretum at NC State University 11am Tai-Chi	16 8:15am Boys of Cypress 9am Cardio Fusion 9:30am C & C with Shane in Villa B 10am Balance and Strength 11am Aqua Aerobics 2pm Resistance Bands 101 Clinic 4pm Caregiver Support Group-- Oaks Room	17 9am Aqua Range of Motion 10am Balance and Strength 11am Tai-Chi 11am Cranium Club 5:00pm Happy Hour	18 9am Core-lates 10am Balance and Strength 11am Aqua Aerobics 3:30 Wii Bowling 5:00pm Happy Hour	19 2pm Chair Volleyball
20 1pm The Secret Garden 3pm Chair Volleyball	21 9:00am Aqua Aerobics 9:30am Yoga with Howie 10am Balance and Strength 11am Aqua Aerobics 1pm Creative Threads 2pm Solar Eclipse Info Session 3:30pm Balance 101 Clinic	22 9am Aqua Range of Motion 9:30am-11:30am Hearing Evaluations 10am Balance and Strength 11am Tai-Chi	23 PODIATRY SERVICES TODAY 8:15am Boys of Cypress 9am Cardio Fusion 9:30am C & C with Shane in Villa C 10am Balance and Strength 11am Aqua Aerobics 2pm Resistance Bands 101 Clinic 5:00pm Happy Hour 1:30pm-3:30pm Ceramic Class	24 9am Aqua Range of Motion 9am-1pm Rex Mobile Screenings 10am Balance and Strength 11am Tai-Chi 5:00pm Happy Hour	25 9am Core-lates 10am Balance and Strength 11am Aqua Aerobics 1:30pm Art Therapy 5:00pm Happy Hour 7pm Concert on the Lake	26 2pm Chair Volleyball
27 3pm Volleyball	28 9:00am Aqua Aerobics 9:30am Yoga with Howie 10am Balance and Strength 11am Aqua Aerobics 1pm Creative Threads 3:30pm Balance 101 Clinic	29 9am Aqua Range of Motion 9:45am Reynolda House Museum 10am Balance and Strength 11am Tai-Chi	30 8:15am Boys of Cypress 9am Cardio Fusion 9:30am C & C with Shane in Emerald Room with Cottage Members 10am Balance and Strength 11am Aqua Aerobics 2pm Resistance Bands 101 Clinic 5:00pm Happy Hour 1:30pm-3:30pm Ceramic Class	31 9am Aqua Range of Motion 10am Balance and Strength 11am Tai-Chi 5:00pm Happy Hour		