

| Mon | Tue | Wed | Thu | Fri |
|--|--|---|--|--|
| 29 | 30 | 31 | August 1 | 2 11am Holly's Tech by appt. |
| 5 Center Closed for Maintenance | 6 Center Closed for Maintenance | 7 8am Trip to Marshall Center Closed for Maintenance | 8 Center Closed for Maintenance | 9 Center Closed for Maintenance |
| 12 Center Closed for Maintenance | 13 Center Closed for Maintenance | 14 2pm Men Bk Club offsite Center Closed for Maintenance | 15 1pm Book Club #1 offsite 2pm Book Club #2 offsite Center Closed for Maintenance | 16 9:30 & 11am Walking Fulton St Graveyard 12pm Movie & A Meal Center Closed for Maintenance |
| 19 1pm C&T Wood Flower Arrangements | 20 8am Trip to Marshall <small>Encore</small> | 21 10am Advisory Board Mtg | 22 | 23 9:30am Walking Tour: Beer City |
| 26 | 27 8:45 am Fish Boil/Dune Ride | 28 10am Diabetes Class | 29 | 30 9am Men's Breakfast Club |

Ongoing Weekly activities

| Mondays | Tuesdays | Wednesdays | Thursdays | Fridays |
|---|--|--|---|-----------------------------------|
| 9:30a Cardio Drumming 11a Strength and Balance 1p Mahjonn | 9:30a Crafting Group 9:30a Zumba Gold | 9:30a Cardio drumming 12:30p Cards and Coffee | 9a Wood Carving 9:30a Zumba Gold 11a Strength and Balance | 9:30a Line Dancing 11a Tai Chi |