

August 2024

Age 50+ Daily Calendar – Every Week

Hours: Mon – Fri 8 a.m. – 4:30 p.m.

DAILY ACTIVITIES

AARP FitLot Park	8:00 am- Dusk	FREE
Billiards	8:00 am-4:30 pm	\$2
Circuit Training	8:00am-4:30pm	\$2
Cornhole	8:00 am-4:30 pm	\$2
Exercise Equipment	8:00 am-4:30 pm	\$2
Shuffleboard	8:00 am-4:30 pm	\$2



Do you have extra time on your hands? We offer numerous opportunities for people of all ages to join our family of over 150 volunteers and become involved in Community Center programs and operations. Please call 427-6441 for more information.

WEEKLY RECURRING EVENTS

MONDAY

Table Tennis	8:30am-11:30am	\$2
Cardio Flex	10:45am-11:30am	\$2
Scrabble	1:00pm-4:00pm	\$2

TUESDAY

ABC Exercise	9:30am-10:15am	\$2
Indoor Circuit Class	10:00am-10:45am	\$2
Cardio Flex	10:45am-11:30am	\$2
Scrapbooking	1:00pm-3:00pm	\$2

WEDNESDAY

Table Tennis	8:30am-11:30am	\$2
(Rubber) Bridge	12:00 pm-4:30 pm	\$2
Crochet	10:00am-12:00pm	\$2
Euchre	12:00 pm-3pm	\$2
Crochet	1:00pm-3:00pm	\$2

THURSDAY

ABC Exercise	9:30am-10:15am	\$2
Indoor Circuit Class	10:00am-10:45am	\$2
Cardio Flex	10:45am-11:30am	\$2
Quilting	1:00pm-4:00pm	\$2

MONTHLY

	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>
<u>Tuesday Movie</u>	T	August 6 August 20	1:30 p.m. "Moving On" 1:30 p.m. "Holes" (Pre-register by the Monday prior)	Free
<u>Bingo</u>	F	August 9 August 23	1:00 p.m. – 3:00 p.m. Sponsor: American Senior Communities	\$ 1.00/3 cards
<u>Monday Luncheon</u>	M	August 19	12:00 p.m. "Back to School Lunch" Sponsor: Bethlehem Woods	\$5
<u>Relaxation Station</u>	M	August 19	10:30-11:30 a.m. Spend an hour relaxing and coloring with friends.	\$2

Book Sale - August 6th – 8th – Book sales are open to the public and feature hardback books for \$1, paperback books for .50¢ and DVD's for \$1. Other items such as magazines, cards, CD's and puzzles are also available. Donations of these items are accepted year-round.