

August 2022

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	\$1
Circuit Training	8:00am-4:30pm	\$1
Cornhole	8:00 am-4:30 pm	\$1
Exercise Equipment	8:00 am-4:30 pm	\$1
Shuffleboard	8:00 am-4:30 pm	\$1



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 427-6461 for more information.

WEEKLY RECURRING EVENTS

MONDAY

Table Tennis	8:30am-11:30am	\$1
Indoor Circuit Class	10:00am-10:45am	\$1
Cardio Flex	10:45am-11:30am	\$1

TUESDAY

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

WEDNESDAY

Table Tennis	8:30am-11:30am	\$1
Crochet	10:00am-12:00pm	\$1
Indoor Circuit Class	10:00am-10:45am	\$1
Crochet	1:00pm-3:00pm	\$1

THURSDAY

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

FRIDAY

Crochet	1:00pm-3:00pm	\$1
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MONTHLY

<u>MONTHLY</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>
<u>How's Your Hearing?</u>	T	Aug 2	9:00 a.m.-11:15 a.m. (Call 427-6460 to make an appointment)	Free
<u>Tuesday Movie</u>	T	Aug 2	1:30 p.m. "Jungle Cruise"	Free
	T	Aug 16	1:30 p.m. "Reminiscence" (Pre-register by the Monday prior)	
<u>SHIP</u>	Th	Aug 4 Aug 18	9:00 a.m. -12:00 p.m. (Call 427-6460 to make an appointment)	Free
<u>Diabetic Screening</u>	Th	Aug 4	9:00 a.m. - 11:00 a.m. (No appointment is required)	Free
<u>Bingo</u>	F	Aug 12 Aug 26	1:00 p.m. – 3:00 p.m. Sponsor: Heritage Park and Miller's Merry Manor	\$.50/3 cards
<u>Monday Luncheon</u>	M	Aug 15	12:00 p.m. "Summer Lovin" Sponsor: Bethlehem Woods and Canterbury Nursing and Rehabilitation	\$5
<u>Relaxation Station</u>	M	Aug 15	10:30-11:30 a.m. Spend an hour coloring with friends	\$1