

# GOSHEN SENIOR CENTER – AUGUST 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8/1 Belly Dance for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:30 – 2:30	8/2 Move to be Fit: 9:45-10:45 <b>Computer Q&amp;A: 10 - 11</b> Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3	8/3 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 - 3	8/4 Yoga: 9:45 -10:45 Osteo exercise: 11 - 12 Poker: 12 – 3 Adult coloring: 1 - 3
8/7 Aerobics: 9 - 10 Hooks & Needles: 10 - 12	8/8 Belly Dance for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:30 – 2:30	8/9 Move to be Fit: 9:45-10:45 <b>Computer Q&amp;A: 10 - 11</b> Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3	8/10 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 - 3	8/11 Yoga: 9:45 -10:45 Osteo exercise: 11 - 12 Poker: 12 – 3 Friday Quilters: 12:15 – 3:30
8/14 Aerobics: 9 - 10 Hooks & Needles: 10 - 12 Senior Club meeting: 1	8/15 Belly Dance for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:30 – 2:30	8/16 Move to be Fit: 9:45-10:45 <b>Computer Q&amp;A: 10 - 11</b> Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3	8/17 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 - 3	8/18 Yoga: 9:45 -10:45 Osteo exercise: 11 -12 Poker: 12 – 3 Adult coloring: 1 - 3
8/21 Aerobics: 9 - 10 Hooks & Needles: 10 – 12	8/22 Belly Dance for Women: 10-10:45 Osteo exercise: 11 – 12 Lunchtime yoga: 12:15-1:15 Beginners Line Dancing 1:30 – 2:30	8/23 Move to be Fit: 9:45-10:45 <b>Computer Q&amp;A: 10 - 11</b> Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3	8/24 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 - 3 <b>Make &amp; Take Craft Class: 12:30 - 2</b>	8/25 Yoga: 9:45- 10:45 Osteo exercise: 11 – 12 Women’s book discussion: 11 - 1 Poker: 12 – 3
8/28 Aerobics: 9 - 10 Hooks & Needles: 10 - 12 Senior Club meeting: 1	8/29 Belly Dance for Women: 10-10:45 Osteo exercise: 11 – 12 Lunchtime yoga: 12:15-1:15 Beginners Line Dancing 1:30 – 2:30	8/30 Move to be Fit: 9:45-10:45 <b>Computer Q&amp;A: 10 - 11</b> Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3	8/31 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 - 3	