

**A
U
G
U
S
T**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 11 AM Pool Aerobics Canasta 1-4 PM	2 Chair Exercises 11 AM Mah Jong 1-4 PM	3 Bagels and Coffee on the Patio 9:30 – 10:30 AM	4 CHAIR YOGA 10 AM Mah Jong 1-4 PM Residents Get Together 5 PM @Pool	5 Canasta 1 - 4 PM	6 11 AM Pool Aerobics
8 11 AM Pool Aerobics Canasta 1-4 PM	9 Chair Exercises 11 AM Mah Jong 1-4 PM	10 Bagels and Coffee on the Patio 9:30 – 10:30 AM Jason Part 2 of the Health Pillars Thinking/Stre ss Mgt.	11 CHAIR YOGA 10 AM Mah Jong 1-4 PM	12 Canasta 1 – 4 PM FRESH Produce 2-4 PM in Mangrove Bay Parking Lot	13 11 AM Pool Aerobics
15 11 AM Pool Aerobics Canasta 1-4 PM	16 Chair Exercises 11 AM Mah Jong 1-4 PM	17 Bagels and Coffee on the Patio 9:30 – 10:30 AM	18 CHAIR YOGA 10 AM Mah Jong 1-4 PM "ICEMANIA" 1-3 on the Patio Residents Get Together 5 PM @Pool BYOB/Snac ks to share	19 Canasta 1-4 PM	20 11 AM Pool Aerobics
22 11 AM Pool Aerobics Canasta 1-4 PM	23 Chair Exercises 11 AM Mah Jong 1-4 PM	24 Bagels and Coffee on the Patio 9:30 – 10:30 AM CARD ROOM CLOSED	25 CHAIR YOGA 10 AM Mah Jong 1-4 PM	26 Canasta 1 - 4 PM	27 11 AM Pool Aerobics Summer Movie Matinee 1 to 3 PM Leasing Office "Family Camp"
29 11 AM Pool Aerobics Canasta 1 - 4 PM	30 Chair Exercises 11 AM Mah Jong 1-4 PM	31 Bagels and Coffee on the Patio 9:30 – 10:30 AM CARD ROOM CLOSED			



