

August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	KEY (CR) Community Room (L) 3rd floor Library (GR) 4th floor Game Room (PL) Parking Lot	Book Club -2nd & 4th Fridays at 3:30 Library Dominoes Club - Fridays at 1:00 Game Room Got a Group? Let's Share It! Are you part of a club or group that meets regularly? Let us help you spread the word by featuring it in our newsletter. Just bring me the details, and we'll get the word out!			1 11:00 Color Your World (CR)	2
3	4 11:00 Chair Yoga (L) 2:30 Henrico County Mobile Library (CR)	5 9:00 Continental Breakfast (CR) 1:00 Sea Turtles & Jellyfish with Joyce (CR) 4:00 Social Hour (CR)	6 9:00 Continental Breakfast (CR) 11:00 Gentle Strength Training (CR) 1:00 FUN DRUM - Cardio Drumming with Terri (CR)	7 9:00 Continental Breakfast (CR) 2:00 Balance & Stretch (CR) 4:00 Social Hour (CR)	8 11:00 Trivia w/Lynn (CR) 5:30 Paint N Sip with Clare (CR)	9
10	11 11:00 Chair Yoga (L) 1:30 Quilling Class with Cultural Arts Center (CR)	12 9:00 Continental Breakfast (CR) 11:00 Word Play w/Lynn (CR) 4:00 Social Hour (CR)	13 9:00 Continental Breakfast (CR) 11:00 Gentle Strength Training (CR) 3:00 Pictionary w/Selena (CR)	14 9:00 Breakfast (CR) 2:00 Balance & Stretch (CR) 4:00 Social Hour (CR)	15 Funcakes Food Truck  11:00 Voices of Abolition ACWM - (CR)	16
17	18 11:00 Chair Yoga (L) 2:00 Take & Bake Pizza (CR)	19 9:00 Continental Breakfast (CR) 1:00 Refrigerator Magnets with Joyce (CR) 4:00 Social Hour (CR)	20 9:00 Continental Breakfast (CR) 11:00 Gentle Strength Training (CR)	21 9:00 Continental Breakfast (CR) 2:00 Balance & Stretch (CR) 4:00 Social Hour w/Clay Mottley (CR)	22 11:00 Climb Your Family Tree (CR) 1:00 Rigby's Dance (CR)	23
	25 11:00 Chair Yoga (L) 1:00 Bingo & Medicare with Vinara Mosby (CR)	26 9:00 Continental Breakfast (CR) 11:00 Word Play w/Lynn (CR) 4:00 Social Hour (CR)	27 9:00 Continental Breakfast (CR) 11:00 Gentle Strength Training (CR)	28 9:00 Breakfast (CR) 2:00 Balance & Stretch (CR) 4:00 Social Hour (CR)	29 1:00 Flower Power - mini bouquets with Lynn (CR)	30