

Monday

Tuesday

Wednesday

Thursday

Friday

# August 2024

A \* next to an activity means registration is required by calling 336-373-4816 ext 280

<p>9:15a AHOY (\$3) 5 (V) 1p Arthritis Foundation Exercise Program (\$4)</p>	<p>9a Better Balance (\$3) 6 9:45a Adv. Better Balance (\$3) 11a Bingo 1p Zumba Gold (\$4) 1p Virtual Reality * 2p Games and Mahjong 5p Murder Mystery Dinner with Carolina Pines *</p>	<p>11a Open Art/Craft Room 7 1p Cardio Drumming (\$4) * 2p Crochet Club</p>	<p>10a Recipe for Success (V) 1 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club</p>	<p>9:15a Chair Yoga 2 (\$3) (V) 10a Trivia with Tina 11a Caste Book Club 1p Ice cream social with Humana 1p Film Screening – “Modern Romance” *</p>
<p>9:15a AHOY (\$3) 12 (V) 10a Travelogue – Ontario, Canada * 1p Arthritis Foundation Exercise Program (\$4) 3p AARP Social Security Update</p>	<p>9a Better Balance (\$3) 13 9:45a Adv. Better Balance (\$3) 11a Bingo 1p Zumba Gold (\$4) 1p Virtual Reality * 2p Games and Mahjong 6p Pizza &amp; movie with Carolina Aging Alliance *</p>	<p>11a Open Art/Craft Room 14 1p Cardio Drumming (\$4) * 2p Crochet Club</p>	<p>10a Recipe for Success (V) 15 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club</p>	<p>9:15a Chair Yoga 16 (\$3) (V) 10a Trivia with Tina 11a Caste Book Club 1p Film Screening – “The Talented Mr. Ripley” *</p>
<p>9:15a AHOY (\$3) 19 (V) 1p Arthritis Foundation Exercise Program (\$4)</p>	<p>9a Better Balance (\$3) 20 9:45a Adv. Better Balance (\$3) 11a Bingo with Acclaim 1p Zumba Gold (\$4) 1p Virtual Reality * 2p Games and Mahjong</p>	<p>11a Open Art/Craft Room 21 11a Gardening with Recipe for Success 1p Cardio Drumming (\$4) * 2p Crochet Club</p>	<p>12:30p Tai Chi (\$3) 22 1p Blood Pressure Checks 2p Jewelry Club</p>	<p>9:15a Chair Yoga 23 (\$3) (V) 10a Trivia with Tina 11a Caste Book Club 1p Film Screening – “The Killing” *</p>
<p>9:15a AHOY (\$3) 26 (V) 10a Fraud Watch with AARP 1p Arthritis Foundation Exercise Program (\$4) 3p Managing Diabetes</p>	<p>9a Better Balance (\$3) 27 9:45a Adv. Better Balance (\$3) 11a Bingo with Acclaim 1p Zumba Gold (\$4) 1p Virtual Reality * 2p Games and Mahjong</p>	<p>11a Open Art/Craft Room 28 1p Cardio Drumming (\$4) * 2p Crochet Club</p>	<p>12:30p Tai Chi (\$3) 29 11a Origin film screening for book club 1p Blood Pressure Checks 2p Jewelry Club</p>	<p>9:15a Chair Yoga 30 (\$3) (V) 10a Trivia with Tina 11a Day trip to Jolo Vineyards (\$\$) * 1p Film Screening – “Sleeper” * 1p Grief: The Before and After with Hospice of the Piedmont</p>