

Monday

Tuesday

Wednesday

Thursday

Friday

August 2025

A * next to an activity means registration is required.

9:15a AHOY (\$3) (V) 1p Canasta No AFEP today. 3p Watermelon Social sponsored by Carolina Pines	4 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 1p Zumba Gold (\$4) 2p Games & Mahjong	5 10a Virtual Reality 11a Open Art/Craft Room 1p Cardio Drumming (\$4) 2p Crochet Club 	6 10a Recipe for Success Cooking Demo (V) 11a Grief Support Group with Medi Home Health & Hospice 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes	7 9:15a Chair Yoga (\$3) (V) 10a Trivia with Tina 11a "Me" Book Club * 1p Friday Favorite Movie – "The Windermere Children" * 1p Monthly Birthday Celebration 
9:15a AHOY (\$3) (V) 11 10:30a Alzheimer's Disease with Humana 11a iPhone Tech Class series (\$85) * 1p Canasta 1:30p Arthritis Foundation Exercise Program (\$4)	12 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 1p Zumba Gold (\$4) 2p Games & Mahjong 6p CAA *	13 10am Intro to Fall Home Maintenance 10a Virtual Reality * 11a Open Art/Craft Room 1p Cardio Drumming (\$4) 2p Crochet Club	14 8a Duke Lemur Center Day Trip (\$30) * 9a Recover from Falls (\$4) * 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes 	15 9:15a Chair Yoga (\$3) (V) 10a Trivia with Tina 11a "Me" Book Club * 1p Friday Favorite Movie – "The Sixth Sense" *
9:15a AHOY (\$3) (V) 18 10a Peru Travelogue * 11a iPhone Tech Class series (\$85) * 1p Canasta 1:30p Arthritis Foundation Exercise Program (\$4)	19 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 10a Living Legacy Project * 1p Zumba Gold (\$4) 2p Games & Mahjong	20 10a Virtual Reality * 11a Gardening with Recipe for Success (V) 10a Paper Weaving * 11am Story Logs with Austin Goldman 1p Cardio Drumming (\$4) 2p Crochet Club 	21 10a Recipe for Success Cooking Demo (V) 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes	22 9:15a Chair Yoga (\$3) (V) 10a Trivia with Tina 11a Creating Your Estate Plan with Edward Jones 11a "Me" Book Club * 1p Friday Favorite Movie – "A Time to Kill" *
9:15a AHOY (\$3) (V) 25 11a iPhone Tech Class series (\$85) * 1p Canasta 1:30p Arthritis Foundation Exercise Program (\$4)	26 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 10a Living Legacy Project * 1p Zumba Gold (\$4) 2p Games & Mahjong	27 10a Virtual Reality 11a Open Art/Craft Room 1p Cardio Drumming (\$4) 2p Crochet Club 	28 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes 	29 9:15a Chair Yoga (\$3) (V) No Donuts with the Director this month. 10:30a Guardian ad Litem Presentation 11a "Me" Book Club * 1p Friday Favorite Movie – "Breakfast at Tiffany's" *