

Weekly Classes & Events

MONDAYS

JEWELRY CLASS • 10AM-12PM

Participants create and design their own accessories using beautifully designed beads and other signature crafted pieces. Show off and take home your very own hand-made bracelets, necklaces and much more. Cost: \$3.00

BINGO • 9:30-11AM

In the Exercise Room
Can't wait to YELL BINGO! Come on in and let's have fun!!

STRETCH & SHAKE EXERCISE CLASS WITH JANET FORD •

12:45-2PM

Let's improve our health with a low impact chair exercise. Cost: \$1.00

TUESDAYS

POTTERY CLASS • On Break Until Sept.

MR. BROWN'S COMPUTER CLASS • 10-12PM

Learn new things on your computer, tablet or cellphone. Cost: \$2.00

CHAIR MASSAGE • 10AM (AUG. 6 & 20)

Please make sure you sign-up to get a massage with John Johnson. Cost: \$2.00

SOUL LINE DANCING WITH GLORIA KINGCADE • 11AM-12PM

Love to dance? Show off by learning the latest line dance steps as you move and groove to the latest line dance hits. Cost: \$1.00

MOVIE TIME • 10AM-1PM

Sit and enjoy a movie with action, drama or suspense while munching down on some popcorn! No Fee.

THE NEW MAKE IT & TAKE IT CLASS • On Break Until Sept.

"IT'S A MIND THANG"

Let's stimulate our brains with something different! Word Search, Crosswords Puzzles, Easy Word Finds, Word Scramble, Brain Games and Number Search. It's inside the Newsletter!

WEDNESDAYS

BINGO • 9:30-11AM

In the Exercise Room
Can't wait to YELL BINGO! Come on in and let's have fun!!

PAINTING CLASS • 10AM-12PM

In the Art Room
Join our painting class with Sheena Garcia. This class will allow you to express yourself through painting. Cost: \$2.00

BIBLE STUDY • 9:30-10:30AM

Join Jewelyn Williams for a non-denominational study of the Bible. Free

FITNESS CLASS WITH NOEL • 10:30AM

Receive a total workout standing and sitting with use of light hand-held exercise equipment such as weights & fitness balls. Cost: \$1.00

EDUCATIONAL ANIMATION CLASS • 12:30-2:30PM

Instructor Sheena Garcia will lead this media class focusing on creating educational animation videos for children. This hands-on course aims to empower seniors with new creative skills, enabling them to produce engaging educational content for young audiences. Cost: \$2.00

TAI CHI WITH NOEL • 12:30-1:30PM

Learn the practice of Tai Chi, a popular form of gentle exercise and moving meditation. It is known for its slow, intentional movements, with benefits to mental and physical health. Cost: \$1.00

THURSDAYS

ARTS & CRAFTS CLASS • On Break Until Sept.

PHENOMENAL WOMEN • On Break Until Sept.

CREATE A STITCH WITH A TWIST ADVANCED CLASS • 12:30-2:30PM

Join Deborah Garlington for a fun and colorful way of creating your very own garment. With our Advanced Class take your sewing skills to the next level and learn new techniques you can apply to both home decor and garment projects. Cost: \$2.00

MOVIE TIME • 10AM-1PM

Sit and enjoy a movie with action, drama or suspense while munching down on some popcorn! No Fee.

Pinochle & Pitty-Pat Are Back!!!!

Tuesdays, 11:30am-2:30pm
Wednesdays, 10:00am-2:30pm
Fridays-11:30am-2:30pm

FRIDAYS

BINGO • 9:30-11AM

In The Dining Room
Can't wait to YELL BINGO! Come on in and let's have fun!!

CROCHET/KNITTING • 10AM-12PM

Class led by Elizabeth. Join the class and make some interesting pieces out of some unique items. Cost: \$1.00

LINE DANCING W/MARTINA BEGINNER & INTERMEDIATE • 10-11AM

Love to dance? Whether you have never danced before or have line dance experience and are ready to challenge yourself to the next level, this is the class for you! Cost: \$1.00

CREATE A STITCH WITH A TWIST BEGINNER CLASS • 12:30-2:30PM

Join Deborah Garlington to learn the basics about sewing, to move on to creating your very own garment. Cost: \$2.00

YOGA W/KAREN THOMPSON • 1-2PM

This yoga class combines breathing, exercise, stretching and meditating for a full body workout in a chair. Yoga increases flexibility and strength, tones the body, reduces tension and boosts energy. Cost: \$1.00

NOTABLE DAYS IN AUGUST

- 2** Nat'l Ice Cream Sandwich Day
- 3** Watermelon Day
- 4** Nat'l Chocolate Chip Cookie Day
- 8** International Cat Day
- 9** International Day of the World's Indigenous People
- 10** National S'mores Day
- 12** Vinyl Record Day
- 13** International Left-Handers Day
- 20** World Honeybee Day
- 25** Kiss-and-Make-Up Day
- 26** Women's Equality Day
- 31** National Trail Mix Day