

# August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28  Visit our website: deardoffseniorcenter.org	29 10:30 Barre 11:30 Chair Yoga 1:30 Euchre	30 10:00 Chair Cardio 11:00 Chair V-ball	31 10:30 Pick-your-Craft 12:30 Beginner's Euchre	1 10:00 Chair Cardio 11:00 Chair V-ball 12:00 Sing-a-Long 12:00 Bridge 1:00 Hand & Foot 1:30 Euchre	2  1:00 BINGO	3
4	5 10:30 Barre 11:30 Chair Yoga 1:30 Euchre	6 10:00 Chair Cardio 11:00 Chair V-ball	7 10:30 Pick-your-Craft 12:30 Beginner's Euchre	8 10:00 Chair Cardio 11:00 Chair V-ball 12:00 Sing-a-Long 1:00 Hand & Foot 1:30 Euchre	9  1:00 BINGO	10
11	12 10:30 Barre 11:30 Chair Yoga 1:30 Euchre	13 10:00 Chair Cardio 11:00 Chair V-ball	14 10:30 Pick-your-Craft 1:00 Beginner's Euchre	15 10:00 Chair Cardio 11:00 Chair V-ball 12:00 Sing-a-Long 12:00 Bridge 1:00 Hand & Foot 1:30 Euchre	16  1:00 BINGO	17
18	19 10:30 Barre 11:30 Chair Yoga 1:30 Euchre	20 10:00 Chair Cardio 11:00 Chair V-ball	21 10:30 Pick-your-Craft 1:00 Beginner's Euchre	22 10:00 Chair Cardio 11:00 Chair V-ball 12:00 Sing-a-Long 1:00 Hand & Foot 1:30 Euchre	23 11:30 Lunch  1:00 BINGO	24
25	26 10:30 Barre 11:30 Chair Yoga 1:30 Euchre	27 10:00 Chair Cardio 11:00 Chair V-ball	28 10:30 Pick-your-Craft 1:00 Beginner's Euchre	29 10:00 Chair Cardio 11:00 Chair V-ball 12:00 Sing-a-Long 1:00 Hand & Foot 1:30 Euchre	30  1:00 BINGO	31