

AUGUST ACTIVITY CALENDAR

1 SUNDAY	2 MONDAY	3 TUESDAY	4 WEDNESDAY	5 THURSDAY	6 FRIDAY	7 SATURDAY
<p style="text-align: center;">Jane Ellis Program Coordinator jellis@daphneal.com 251.620.2401</p>	<p style="text-align: center;">Pilates 8:00 am Chair Yoga 9:00 am Art Class 9:00-11:00 Grief Support Group 10:00 am Mahjongg 12:30-4:00</p>	<p style="text-align: center;">Tai Chi – 7:00 am Pickleball 8:30 am Bridge 12:30 pm Zumba Gold – 1:30 pm</p>	<p style="text-align: center;">Bocce – 8:00 am & 6:00 PM Stretch & Flexibility 8:00 am Chair Yoga 9:00 am Canasta 12:30-4:00</p>	<p style="text-align: center;">Pickleball 8:30 am Bocce – 8:00 am Zumba Gold 9:00 am Watercolor 10:30 am Balance Class – 10:15 Mahjongg 12:30-4:00</p>	<p style="text-align: center;">Tai chi – 7:00 am PiYo – 8:00 am Chair Yoga 9:00 am Art Class 9:00-11:00</p>	
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