


CENTRAL ACTIVITY CENTER – SENIOR PROGRAMS & EVENTS SCHEDULE

August 2019						
◀ 0 Jul 2019						Sep 2019 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 8:00 Walk to Music 8:00 Pool Play 9:00 Quilting 9:30 Ceramics 10:00 Zumba Dance Class 11:00 Canasta 1:00 Chicken Foot 5:30 pm Scrapbook/Craft Class 6:30 pm Let's Pick	2 8:00 Walk to Music 8:00 Pool Play 9:00 Pickle Ball at C-Club Gym 10:00 Chair Exercise 11:00 Line Dance w/Norma 1:00 Line Dance w/Polly 2:00 Beginner Line Dance	3 CLOSED
4 CLOSED	5 8:00 Walk to Music 8:00 Pool Play 9:00 Quilting 10:00 Chair Exercise 10:30 Bible Study 9:30 Ceramics 1:00 Chicken Foot	6 8:00 Walk to Music 8:00 Pool Play 9:00 Acrylic Art Class 9:00 Tai-Chi 9:30 Ceramics 10:00 Basic Sewing 10:00 Zumba Dance Class 11:00 Canasta 5:00 pm Night Ceramics 7:00 pm TuesDance (Sock Hop)	7 8:00 Walk to Music 8:00 Pool Play 9:00 Gentle Yoga 9:30 Ceramics 10:00 Chair Exercise 11:00 Monthly Birthday Party 11:00 Fun in the 50's Party 12:00 Line Dance-CANCELLED 1:00 Crocheting/Knitting	8 8:00 Walk to Music 8:00 Pool Play 9:00 Quilting 9:30 Ceramics 10:00 Zumba Dance Class 11:00 Canasta 1:00 Chicken Foot 5:30 pm Scrapbook/Craft Class 6:30 pm Let's Pick	9 8:00 Walk to Music 8:00 Pool Play 9:00 Pickle Ball at C-Club Gym 10:00 Chair Exercise 11:00 Line Dance w/Norma 1:00 Line Dance w/Polly 2:00 Beginner Line Dance Bus Trip to Canada (Aug 9-21)	10 CLOSED
11 CLOSED	12 8:00 Walk to Music 8:00 Pool Play 9:00 Quilting 10:00 Chair Exercise 10:30 Bible Study 9:30 Ceramics 1:00 Chicken Foot	13 8:00 Walk to Music 8:00 Pool Play 9:00 Acrylic Art Class 9:00 Tai-Chi 9:30 Ceramics 10:00 Basic Sewing 10:00 Zumba Dance Class 11:00 Canasta 5:00 pm Night Ceramics 7:00 pm Tues. Night Dance	14 8:00 Walk to Music 8:00 Pool Play 9:00 Gentle Yoga 9:30 Ceramics 10:00 Chair Exercise 11:30 Senior Luncheon 12:00 Line Dance – w/ Norma 1:00 Crocheting/Knitting	15 8:00 Walk to Music 8:00 Pool Play 9:00 Quilting 9:00 Tai Chi 9:30 Ceramics 10:00 Zumba Dance Class 11:00 Canasta 11:00 RED HATS 1:00 Chicken Foot 5:30 pm Scrapbook/Craft Class 6:30 pm Let's Pick	16 8:00 Walk to Music 8:00 Pool Play 9:00 Pickle Ball at C-Club Gym 10:00 Chair Exercise 11:00 Line Dance w/Norma 1:00 Line Dance w/Polly 2:00 Beginner Line Dance	17 CLOSED
18 CLOSED	19 8:00 Walk to Music 8:00 Pool Play 9:00 Quilting 10:00 Chair Exercise 10:30 Bible Study 9:30 Ceramics 1:00 Chicken Foot	20 8:00 Walk to Music 8:00 Pool Play 9:00 Acrylic Art Class 9:00 Tai-Chi 9:30 Ceramics 10:00 Basic Sewing 10:00 Zumba Dance Class 11:00 Canasta 5:00 pm Night Ceramics 7:00 pm Tues. Night Dance	21 8:00 Walk to Music 8:00 Pool Play 9:00 Gentle Yoga 9:30 Ceramics 10:00 Brunch and Learn 12:00 Line Dance – w/ Norma 1:00 Crocheting/Knitting	22 8:00 Walk to Music 8:00 Pool Play 9:00 Quilting 9:00 Tai Chi 9:30 Ceramics 10:00 Zumba Dance Class 11:00 Canasta 1:00 Chicken Foot 5:30 pm Scrapbook/Craft Class 6:30 pm Let's Pick	23 8:00 Walk to Music 8:00 Pool Play 9:00 Pickle Ball at C-Club Gym 10:00 Chair Exercise 11:00 Line Dance w/Norma 1:00 Line Dance w/Polly 2:00 Beginner Line Dance	24 CLOSED
25 CLOSED	26 8:00 Walk to Music 8:00 Pool Play 9:00 Quilting 10:00 Chair Exercise 10:30 Bible Study 9:30 Ceramics 1:00 Chicken Foot	27 8:00 Walk to Music 8:00 Pool Play 9:00 Acrylic Art Class 9:00 Tai-Chi 9:30 Ceramics 10:00 Basic Sewing 10:00 Zumba Dance Class 11:00 Canasta 5:00 pm Night Ceramics 7:00 pm Tues. Night Dance	28 8:00 Walk to Music 8:00 Pool Play 9:00 Gentle Yoga 9:30 Ceramics 10:00 Chair Exercise 12:00 Line Dance – w/ Norma 1:00 Crocheting/Knitting	29 8:00 Walk to Music 8:00 Pool Play 9:00 Quilting 9:30 Ceramics 10:00 Zumba Dance Class 11:00 Canasta 1:00 Chicken Foot 5:30 pm Scrapbook/Craft Class 6:30 pm Let's Pick	30 8:00 Walk to Music 8:00 Pool Play 10:00 Chair Exercise 11:00 Line Dance w/Norma 1:00 Line Dance w/Polly 2:00 Beginner Line Dance	31 CLOSED CAC will be CLOSED Monday, Sept. 2 for Labor Day Holiday <i>Have a safe holiday!</i>