

Monday	Tuesday	Wednesday	Thursday	Friday
1				
<p>RSVP Required at 949-709-7592</p> <p>Mon - Fri Age Well Lunch 60+ August 19 Flower Shop Arranging August 22 Summer Luncheon 60+</p> <p><i>*Please note - for special programs, priority is given to regular lunch participants.</i></p>				<p>9:30 Chair Exercise w/Simone 10:45 Line Dance w/Helen 11:30 Age Well Lunch 60+ 12:45 Friday Flicks 1:00 AlzOC Caregiver Support</p>
4	5	6	7	8
<p>10:00 Total Body Fitness Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 BINGO</p>	<p>9:30 Bocce Ball 10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Blood Pressure Clinic 11:30 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:30 Stay Sharp Puzzle It Out</p>	<p>11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ **Lunch with the Law</p> <p style="text-align: center;">  </p>	<p>10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing with Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:45 Gentle Yoga w/Jeanette</p>	<p>9:30 Chair Exercise w/Simone 10:45 Line Dance w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 Friday Flicks</p>
11	12	13	14	15
<p>10:00 Total Body Fitness Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 BINGO</p>	<p>9:30 Bocce Ball 10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:30 Stay Sharp Puzzle It Out</p>	<p>11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:30 Golden Gamers</p>	<p>10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing with Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:45 Gentle Yoga w/Jeanette</p>	<p>9:30 Chair Exercise w/Simone 10:45 Line Dance w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 Friday Flicks</p>
18	19	20	21	22
<p>10:00 Total Body Fitness Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 BINGO</p>	<p>9:30 Bocce Ball 10:00 Tai Chi Video/Nosrat 10:00 Flower Shop Arranging RSVP Required Sponsor: M. Lemus MyMedicarePlan 11:00 Blood Pressure Clinic 11:30 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:30 Stay Sharp Puzzle It Out</p>	<p>10:00 Coffee, Donuts & Medicare with Michael Lemus 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:30 Golden Gamers</p>	<p>10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing with Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:45 Gentle Yoga w/Jeanette</p>	<p>Chair Exercise CANCELED 10:45 Line Dance w/Helen 11:00 Coffee & Conversation 11:30 Summer Luncheon 60+ <i>*With Laugh to Success Comedy and Magic!</i></p>
25	26	27	28	29
<p>10:00 Total Body Fitness Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 BINGO</p>	<p>9:30 Bocce Ball 10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:30 Stay Sharp Puzzle It Out</p>	<p>11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:30 Golden Gamers</p>	<p>10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing with Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:45 Gentle Yoga w/Jeanette</p>	<p>9:30 Chair Exercise w/Simone 10:45 Line Dance w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:20 Monthly Birthday Party Sponsored by RSM Cares 12:45 Friday Flicks</p>