



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