

**August 2015**

**Norcross Senior Center**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>3</b> <b>9:45am</b> – Chinese Macrame – Trivia Time! <b>11:00am</b> – Chair Yoga	<b>4</b> <b>9:30am</b> – Cardio and strength <b>10:45am</b> – Bingo	<b>5</b> <b>9:30am</b> – Shopping – Game Time! <b>11:00am</b> – Silver Sneakers	<b>6</b> <b>9:30am</b> – Cardio and strength <b>11:00am</b> – Foot care with Dempie	<b>7</b> <b>9:30am</b> – Cardio and Strength <b>10:00am</b> – Big Lots and BBQ
<b>10</b> <b>9:45am</b> – Drumming with Peter – Crafts <b>11:00am</b> – Chair Yoga	<b>11</b> <b>9:30am</b> – Cardio and strength <b>11:00am</b> – Lemony Tuesday	<b>12</b> <b>9:00am</b> – Bowling – Game Time! <b>11:00am</b> – Silver Sneakers	<b>13</b> <b>9:30am</b> – Cardio and strength <b>11:00am</b> – ASK with Bethany	<b>14</b> <b>9:30am</b> – Cardio and Strength <b>10:30am</b> – Groceries – Crafts – Trivia Time
<b>17</b> <b>9:45am</b> – Chinese Macrame – Game Time! <b>11:00am</b> – Chair Yoga	<b>18</b> <b>9:30am</b> – Cardio and Strength <b>11:00am</b> – Music by Frank Allen	<b>19</b> <b>9:30am</b> – Shopping – Crafts <b>11:00am</b> – Silver Sneakers	<b>20</b> <b>9:30am</b> – Cardio and Strength <b>10:30am</b> – First Aid presentation	<b>21</b> <b>9:30am</b> – Mayfield Dairy Tour <b>11:00am</b> – Silver Sneakers
<b>24</b> <b>9:45am</b> – Drumming with Peter <b>11:00am</b> – Chair Yoga	<b>25</b> <b>9:30am</b> – Cardio and Strength <b>11:00am</b> – Health with Dr. Hogan	<b>26</b> <b>9:00am</b> – Bowling <b>11:00am</b> – Silver Sneakers	<b>27</b> <b>9:30am</b> – Cardio and Strength <b>11:00am</b> – Mr. C's one-man band	<b>28</b> <b>9:30am</b> – Grocery shopping <b>11:00am</b> – Silver Sneakers
<b>31</b> <b>9:45am</b> – Bingo – Crafts <b>11:00am</b> – Chair Yoga				

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Programs subject to change without notice.