

# NAM 50+ Senior Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 10am Helping Hands 10am Ballroom Dance	<b>2</b> 9 am Intermediate Line Dancing 10am Bingo 10:15am Zumba Gold & Fitness 11:30am 60+ Café/ Nat'l Ice Cream Sandwich Day 12:30pm Mah Jongg	<b>3</b> 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing	<b>4</b> 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café/Nat'l Choc Chip Cookie Day 12:30pm Cribbage 12:30pm Mah Jongg
<b>7</b> 9:30am Exercise Class 10 am Bingo 10:30am Literature, Etc. 10:30am Crochet Class 11:30am 60+ Café 12 pm Duplicate Bridge 12:30 pm Dominoes	<b>8</b> 10am Helping Hands 10am Ballroom Dance	<b>9</b> 9 am Intermediate Line Dancing 10 am Bingo 10:15am Zumba Gold & Fitness 11:30 am 60+ Café/WORM 12:30pm Mah Jongg	<b>10</b> 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing	<b>11</b> 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café 12:30pm Cribbage 12:30pm Mah Jongg
<b>14</b> 9:30am Exercise Class 10 am Bingo 10:30am Literature, Etc. 11:30am 60+ Café/Bingo Extravaganza 12 pm Duplicate Bridge 12:30 pm Dominoes	<b>15</b> 9:30am Farmer's Market Trip 10am Helping Hands 10am Ballroom Dance	<b>16</b> 9 am Intermediate Line Dancing 10am Bingo 10:15am Zumba Gold & Fitness 11:30am 60+ Café /Picture Puzzles Day 12:30pm Mah Jongg	<b>17</b> 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 12pm Movie/Lunch Day 1 pm Advanced Line Dancing	<b>18</b> 9:30am Exercise Class 10am Bingo 10:30 am Computer Class 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café/Nat'l Ice Cream Pie Day 12:30pm Cribbage 12:30pm Mah Jongg
<b>21</b> 9:30am Exercise Class 10 am Bingo 10:30am Literature, Etc. 10:30am Crochet Class 11:30am 60+ Café/Nat'l Senior Citizen's Day 12 pm Duplicate Bridge 12:30 pm Dominoes	<b>22</b> 10am Helping Hands 10am Ballroom Dance	<b>23</b> 9:00am CWJF Brunch 11:30am 60+ Café/Lunch & Learn 12:30pm Mah Jongg	<b>24</b> 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 11am AARP Safe Driving Class 1 pm Advanced Line Dancing	<b>25</b> 9:30am Exercise Class 10am Bingo 10:30 am Computer Class 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café/Puzzle Day 12:30pm Cribbage 12:30pm Mah Jongg
<b>28</b> 9:30am Exercise Class 10 am Bingo 10:30am Literature, Etc. 11:30am 60+ Café 12 pm Duplicate Bridge 12:30 pm Dominoes	<b>29</b> 10am Helping Hands 10am Ballroom Dance	<b>30</b> 9 am Intermediate Line Dancing 10am Bingo 10:15am Zumba Gold & Fitness 11:30am 60+ Café/Monthly Birthday Celebration 12:30pm Mah Jongg	<b>31</b> 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing	



AUGUST

2017

