


# NAM 50+ Senior Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 9 am Intermediate Line Dancing 9:30am Beginners Sewing Class 10 am Bingo 10:15am Zumba Gold/Fitness 11:30 am 60+ Café/Nat'l Girlfriends Day 12:30pm Mah Jongg	<b>2</b> 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing	<b>3</b> 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:30am Computer Class 10:45am Tap Dancing 11:30am 60+ Café/Nat'l Watermelon Day 12:30pm Cribbage 12:30pm Mah Jongg
<b>6</b> 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 10:30am Crochet Class 11:30am 60+ Café/Hand Reflexology 12 pm Duplicate Bridge 12:30 pm Dominoes	<b>7</b> 10am Helping Hands 10am Ballroom Dancing	<b>8</b> 9 am Intermediate Line Dancing 9:30am Beginners Sewing Class 10 am Bingo 10:15am Zumba Gold/Fitness 11:30 am 60+ Café/Lunch & Learn 12:30pm Mah Jongg	<b>9</b> 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing	<b>10</b> 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:30am Computer Class 10:45am Tap Dancing 11:30am 60+ Café 12:30pm Cribbage 12:30pm Mah Jongg
<b>13</b> 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 10:30am Healthy Life Series 11:30am 60+ Café 12 pm Duplicate Bridge 12:30 pm Dominoes	<b>14</b> 10am Helping Hands 10am Ballroom Dancing	<b>15</b> 9 am Intermediate Line Dancing 9am Medicare Informational Session 9:30am Beginners Sewing Class 10am Bingo 10:15am Zumba Gold/Fitness 11:30am 60+ Café/Lunch & Learn 12:30pm Mah Jongg	<b>16</b> 9:00am Day Trip 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing	<b>17</b> 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:30am Computer Class 10:45am Tap Dancing 11:30am 60+ Café /Birthday Cele. 12:30pm Cribbage 12:30pm Mah Jongg
<b>20</b> 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 10:30am Crochet Class 11:30am 60+ Café 12 pm Duplicate Bridge 12:30 pm Dominoes	<b>21</b> 10am Helping Hands 10am Ballroom Dancing	<b>22</b> 9am CWJF Brunch 11:30 am 60+ Café/Tell a Joke Day 12:30pm Mah Jongg	<b>23</b> 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 12pm Movie/Lunch 1 pm Advanced Line Dancing	<b>24</b> 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:30am Computer Class 10:45am Tap Dancing 11:30am 60+ Café/Lunch/Learn 12:30pm Cribbage 12:30pm Mah Jongg
<b>27</b> 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 10:30am Healthy Life Series 11:30am 60+ Café/Bingo Extrav. 12 pm Duplicate Bridge 12:30 pm Dominoes	<b>28</b> 10am Helping Hands 10am Ballroom Dancing	<b>29</b> 9 am Intermediate Line Dancing 9:30am Beginners Sewing Class 10 am Bingo 10:15am Zumba Gold/Fitness 11:30 am 60+ Café/Tell a Group Story 12:30pm Mah Jongg	<b>30</b> 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing	<b>31</b> 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:30am Computer Class 10:45am Tap Dancing 11:30am 60+ Café 12:30pm Cribbage 12:30pm Mah Jongg



**AUGUST 2018**



