AUGUST 2015

Mon	Tue	Wed	Thu	Fri
3 **Strength Training 9:00-10:00** Memoirs Writing Group 10:30	4 **COA Café 12:30** **Men's Exercise Class 10:45** **Women's Reflections 6:30**	5 **Tai Chi 8:30** Strength Training w/ Kathy Stetson 9:00-10:00 Coffee Hour 10:00 Weight Loss 10:00 Bridge 1:30	**6** **CORE 11-12:00** PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	7 **Strength Training** 9:00-10:00
10 **Strength Training 9:00-10:00** Memoirs Writing Group 10:30	**11** **COA CAFÉ 12:30** **Men's Exercise Class 10:45** **Dispelling the Myths of Cholesterol 1:30-3:00** **Women's Reflections 6:30**	**12** **Tai Chi 8:30** Strength Training w/Kathy Stetson 9:00-10:00 Coffee Hour 10:00 Weight Loss 10:00 Legal Assistance (by appointment) Bridge 1:30	**13** **CORE 11-12:00** PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	**14** **Strength Training** 9:00-10:00 Mystery Book Club 12:30
17 **Strength Training 9:00-10:00** Memoirs Writing Group 10:30	**18** **COA CAFE 12:30** **Men's Exercise Class 10:45** **Home Repair Presentation 1:30** **Women's Reflections 6:30**	**19** **Tai Chi 8:30** Strength Training 9:00-10:00 Coffee Hour 10:00 Weight Loss 10:00 Story Swap 11:00 Bridge 1:30	**20** **CORE 11-12:00** PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	**21** **Strength Training** 9:00-10:00 Dr. Campo, Podiatrist (by appointment)
24 **Strength Training 9:00-10:00** Memoirs Writing Group 10:30	**25** **COA CAFÉ 12:30** **Men's Exercise Class 10:45** **Women's Reflections 6:30**	**26** **Tai Chi 8:30** Strength Training w/ Kathy Stetson 9:00-10 Weight Loss 10:00 Coffee Hour 10:00 Bridge 1:30	**27** **Bereavement 10-11:30** **CORE 11-12:00** PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	**28** **Strength Training** 9:00-10:00
31 **Strength Training 9:00-10:00** Memoirs Writing Group 10:30				