



## Northwest YMCA AOA Activity Calendar August 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 <b>AOA Committee 12:30 pm</b>	3
4	5 <b>Day Campers onsite all week- No outside of class activities</b>	6	7	8	9 <b>*Lunch Day*</b> <b>Cheddar's 12:30 pm</b>	10
11	12 <b>Day Campers onsite all week- No outside of class activities</b>	13	14	15	16	17
18	19 <b>42 Club 1:15 pm Studio B</b>	20 <b>Kinect Bowling 1:00 pm Multipurpose</b>	21 <b>42 Club 1:15 pm Studio B</b>	22	23 <b>Bingo 12:00 pm Studio B</b>	24
25	26 <b>42 Club 1:15 pm Studio B</b>	27 <b>Cards 1:00 pm Multipurpose</b>	28 <b>42 Club 1:15 pm Studio B</b>	29 <b>Sew-N-Sews 1:00 pm Multipurpose</b>	30 <b>Pot Luck Salads August Birthdays 12:30 pm Studio B</b>	31



## Active Older Adult Group Exercise Class Schedule

TIME/ STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 AM Studio B	Young at Heart Charity		Young at Heart Charity		Young at Heart Charity	
10:15 AM Studio A			Line Dance Laurie			
		*Performance at Heartis Assisted Living the 3 <sup>rd</sup> Wednesday of each month*				
10:45 AM Studio B						Fit For Life Joyce
11:15 AM Studio A	SilverSneakers® Circuit Joyce		SilverSneakers® Circuit Joyce		Zumba Gold® Amy	
11:40 AM Studio A		Fit For Life Joyce		Fit For Life Joyce		
11:30 AM Studio B	Zumba Gold® Amy					
12:15 PM Studio A	SilverSneakers® Classic Donna		SilverSneakers® Classic Donna		Chair Yoga Carole	
12:40 PM Studio A		Chair Yoga Carole		Gentle Yoga Carole		