

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | Announcement |
|--------|-----------------------------------|--|---|--------------------------------------|--|----------|--|
| | 1. YOGA 11AM-12PM | 2. | 3.  10:30am-11:30am | 4. | 5.  Stretch and Strengthen 10:30-11:30 AM | 6. | <p>Please continue practicing social distancing and WEAR YOUR MASK!!</p> <hr/> <p>QiGong & Tai Chi Every Wednesday Zumba Classes will be held every 2nd and 4th Thursday</p> <hr/> <p>Yoga every Monday at 11:00AM-12PM. Stretch and strengthen every Friday at 10:30-11:30AM. Ages 60 and up.</p> <hr/> <p>End of Summer Cook out August 30th 12PM-1PM All Residents are invited Bangladesh Crusine and American Crusine will be available.</p>   |
| 7. | 8. YOGA 11AM-12PM | 9. | 10.  10:30am-11:30am | 11. ZUMBA 6:30pm-7:30pm | 12.  stretch and strengthen 10:30-11:30 AM | 13. | |
| 14. | 15. YOGA 11AM-12PM | 16. | 17.  10:30AM-11:30AM | 18. | 19.  stretch and strengthen 10:30-11:30 AM | 20. | |
| 21. | 22. YOGA 11AM-12PM | 23. | 24.  10:30am-11:30am | 25. ZUMBA 6:30pm-7:30pm | 26.  stretch and strengthen 10:30-11:30 AM | 27. | |
| 28. | 29. YOGA 11 AM-12 PM | 30.  End of summer cookout 12pm-4pm | 31.  10:30am-11:30am | | | | |