

August 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	Pickleball open play 8:30-11:30am \$ (NR) (JMBCC) Senior Exercise with Susan 9-10:00 am \$ (NR) The Science is Settled 9-10 am Beginner Yoga 10:15-11:15 am \$ Peak City Singers 11-12:30pm (JMBCC) \$ Open Cards and Games/ Mah Jongg 1-4 pm TAP Dance 2-3 pm T'ai Chi Basics 5:30 pm – 6:30 pm \$ Zumba Gold @ Night, 6:45 pm – 7:45 pm	2 Intermediate Handbuilding 8:30-10:00 am \$ Senior Exercise with Bettie 9-10am \$ (NR) Beginner Pickleball Indoor Clinic Part 2,10-12:30 pm Bridge (Scheduled) 10:00 -12:30 pm Golden Fit 10:15-11am \$ Steel Strong 11:15-NOON \$ Beginner Wheel, 1-2:30 pm \$ Gifts of the Sea/Card making, 1-3 pm \$ Jump Start to Conversational Spanish-1-3 pm \$ Zumba Gold 1:30-2:30pm \$	3 Beginner Handbuilding 8:30-10:00 am \$ Pickleball open play 8:30-11:30am \$ (NR) (JMBCC) Wii Bowling 9:00-11 am Acrylic Painting Techniques for Landscape 9:30-11:30 \$ Senior Exercise with Beth 10-11 am \$NR) Intermediate Yoga 10:15-11:15 am \$ Pilates 11 – 11:45 am \$ Chair Yoga 11:30-12:30pm\$ Vision and Art Series 12:30-2:30 pm \$ Beginner Wheel 1-2:30 pm \$ BINGO 1-3 pm (\$1/card)	4 Coffee & Conversation 9:30-10:30 am Stitch and Hook 10-NOON Beginner Pickleball Indoor Clinic Part 2,10-12:30 pm Golden Fit 10:15-11am \$ Steel Strong 11:15-NOON \$ Learn to play Mah Jongg 1:00 pm Intermediate Wheel 1:00-2:30 pm \$ Bridge Walk in 1-3:30pm Zumba Gold 1:30-2:30pm \$ Introduction to Laptops 1:30-3:30 pm Social Minded Meet up 2-4 pm Happy Feet Fitness 5:30-6:15 pm \$ New Lesson Line Dancing 5:30-7 pm \$	5 Pinched Teapots, 8:30-10:00 am \$ Pickleball open play 8:30-11:30am\$ (NR) (JMBCC) Beg Line Dancing 9-10am \$ Senior Exercise with Debra 9-10 am \$(NR) Advanced Yoga 10:15-11:15 am \$ Beg 1 Line Dancing 10:15-11:15am \$ Beg 2 Line Dancing 11:30-12:30pm \$ Open Cards and Games 1-4pm Mah Jongg 1-4pm	6
7	8 Pickleball open play 8:30-11:30am \$ (NR) (JMBCC) Senior Exercise with Susan 9-10:00 am \$ (NR) Science: The Oceans, 9-10 am Beginner Yoga 10:15-11:15 am \$ Peak City Singers 11-12:30pm \$ (JMBCC) Open Cards and Games/ Mah Jongg 1-4pm TAP Dance 2-3 pm T'ai Chi Basics 5:30 pm – 6:30 pm Zumba Gold @ Night, 6:45 pm – 7:45 pm	9 Intermediate Handbuilding 8:30-10:00 am \$ Pickleball Open Play 8:30-11:30 (JMBCC) Senior Exercise with Bettie 9-10am \$ (NR) Bridge (Scheduled) 10:00 -12:30 pm Golden Fit 10:15-11am \$ Steel Strong 11:15-NOON \$ Book Lovers 1-2:30 pm Beginner Pickleball Indoor Clinic, 1-2:30 pm Zumba Gold 1:30-2:30pm \$	10 Blood Pressure Clinic 8:30-9:30 am Beginner Handbuilding 8:30-10:00 am \$ Pickleball open play 8:30-11:30am \$ (NR) (JMBCC) Wii Bowling 9:00-11 am Acrylic Painting Techniques for Landscape 9:30-11:30 \$ Senior Exercise with Beth 10-11 am \$NR) Intermediate Yoga 10:15-11:15 am \$ Pilates 11 – 11:45 am \$ Chair Yoga 11:30-12:30pm\$ Quilting Club, 11:30-2:30 pm Vision and Art Series 12:30-2:30 pm \$ Rummikub 2-4 pm Fruit Pizza, 2:30-4:30 pm \$	11 Pickleball Open Play 8:30-11:30 (JMBCC) Stitch and Hook 10-NOON Golden Fit 10:15-11am \$ Steel Strong 11:15-NOON \$ Potluck Luncheon 12-1:15 pm Learn to play Mah Jongg 1:00 pm Beginner Pickleball Indoor Clinic, 1-2:30 pm Bridge Walk in 1-3:30pm Zumba Gold 1:30-2:30pm \$ Technology Help Desk 1:30-3:30 pm Happy Feet Fitness 5:30-6:15 pm \$ New Lesson Line Dancing 5:30-7 pm \$	12 Pinched Teapots, 8:30-10:00 am \$ Pickleball open play 8:30-11:30am\$ (NR) (JMBCC) Senior Exercise with Debra 9-10 am \$(NR) Beg Line Dancing 9-10am \$ Scrapbooking Club 10-2 pm Advanced Yoga 10:15-11:15 am \$ Beg 1 Line Dancing 10:15-11:15am \$ Beg 2 Line Dancing 11:30-12:30pm \$ Friday Flicks 11:30 -1:30 pm, O Brother,Where Art Thou? Open Cards and Games 1-4pm Mah Jongg 1-4pm	13
14	15 Pickleball open play 8:30-11:30am \$ (NR) (JMBCC) Senior Exercise with Susan 9-10:00 am \$ (NR) Science: The Oceans, 9-10 am Beginner Yoga 10:15-11:15 am \$ Peak City Singers 11-12:30pm \$ (JMBCC) Open Cards and Games/ Mah Jongg 1-4pm TAP Dance 2-3 pm T'ai Chi Basics 5:30 pm – 6:30 pm Zumba Gold @ Night, 6:45 pm – 7:45 pm	16 Intermediate Handbuilding 8:30-10:00 am \$ Pickleball Open Play 8:30-11:30 (JMBCC) Senior Exercise with Bettie 9-10am \$ (NR) Bridge (Scheduled) 10:00 -12:30 pm Golden Fit 10:15-11am \$ Steel Strong 11:15-NOON \$ Beginner Pickleball Indoor Clinic, 1-2:30 pm Beginning Wheel 1-2:30 pm \$ Jump Start to Conversational Spanish-1-3 pm \$ Zumba Gold 1:30-2:30pm \$	17 Beginner Handbuilding 8:30-10:00 am \$ Pickleball open play 8:30-11:30am\$ (NR) (JMBCC) Wii Bowling 9:00 am-11:30am Acrylic Painting Techniques for Landscape 9:30-11:30 \$ Senior Exercise with Beth 10-11 am \$NR) Intermediate Yoga 10:15-11:15am \$ Pilates 11 – 11:45 am \$ Chair Yoga 11:30-12:30pm\$ Vision and Art Series 12:30-2:30 pm \$ Beginning Wheel 1-2:30 pm \$ BINGO 1-3 pm (\$1/card)	18 Pickleball Open Play 8:30-11:30 (JMBCC) Coffee & Conversation 9:30-10:30 am Golden Fit 10:15-11am \$ Stitch and Hook 10-NOON Steel Strong 11:15-NOON \$ Learn to play Mah Jongg 1:00 pm Intermediate Wheel 1:00-2:30 pm \$ Beginner Pickleball Indoor Clinic, 1-2:30 pm Bridge Walk in 1-3:30pm Customizing Your Laptop 1:30-3:30 pm Zumba Gold 1:30-2:30 \$ Happy Feet Fitness 5:30-6:15 pm \$ New Lesson Line Dancing 5:30-7 pm \$	19 Pinched Teapots, 8:30-10:00 am \$ Pickleball open play 8:30-11:30am\$ (NR) (JMBCC) Beg Line Dancing 9-10am \$ Senior Exercise with Debra 9-10 am\$(NR) Advanced Yoga 10:15-11:15 am \$ Beg 1 Line Dancing 10:15-11:15am \$ Beg 2 Line Dancing 11:30-12:30pm \$ Open Cards and Games 1-4pm Mah Jongg 1-4pm	20
21	22 Pickleball open play 8:30-11:30am \$ (NR) (JMBCC) Senior Exercise with Susan 9-10 am \$ (NR) Science: The Oceans, 9-10 am Beginner Yoga 10:15-11:15 am \$ Peak City Singers 11-12:30pm \$ (JMBCC) Open Cards and Games/ Mah Jongg 1-4pm TAP Dance 2-3 pm T'ai Chi Basics 5:30 pm – 6:30 pm \$ Trivia Night, 6-7 pm Zumba Gold @ Night, 6:45 pm – 7:45 pm	23 Intermediate Handbuilding 8:30-10:00 am \$ Pickleball Open Play 8:30-11:30 (JMBCC) Senior Exercise with Bettie 9-10am \$ (NR) Bridge (Scheduled) 10:00 -12:30pm Golden Fit 10:15-11am \$ Steel Strong 11:15-NOON \$ Creative Floral Design 1-3 pm \$ Senior Book Club 1-3 pm Jump Start to Conversational Spanish-1-3 pm \$ Zumba Gold 1:30-2:30pm \$	24 Beginner Handbuilding 8:30-10:00 am \$ Pickleball open play 8:30-11:30am \$ (NR) (JMBCC) Wii Bowling 9:00 am-11:30am Acrylic Painting Techniques for Landscape 9:30-11:30 \$ Senior Exercise with Beth 10-11 am \$NR) Intermediate Yoga 10:15-11:15am \$ Pilates 11 – 11:45 am \$ Chair Yoga 11:30-12:30pm\$ Quilting Club, 11:30-2:30 pm Rummikub 2-4 pm	25 Pickleball Open Play 8:30-11:30 (JMBCC) Stitch and Hook 10-NOON Golden Fit 10:15-11am \$ Steel Strong 11:15-NOON \$ Learn to play Mah Jongg 1:00 pm Bridge Walk in 1-3:30pm Zumba Gold 1:30-2:30 \$ Happy Feet Fitness 5:30-6:15 pm \$ New Lesson Line Dancing 5:30-7 pm \$	26 Pinched Teapots, 8:30-10:00 am \$ Pickleball open play 8:30-11:30am\$ (NR) (JMBCC) Beg Line Dancing 9-10am \$ Senior Exercise with Debra 9-10 am\$(NR) Scrapbooking Club 10-2 pm Advanced Yoga 10:15-11:15 am \$ Beg 1 Line Dancing 10:15-11:15am \$ Beg 2 Line Dancing 11:30-12:30pm \$ Open Cards and Games 1-4pm Mah Jongg 1-4pm	27
28	29 Pickleball open play 8:30-11:30am\$ (NR) (JMBCC) Senior Exercise with Susan 9-10 am \$ (NR) Science: The Oceans, 9-10 am Beginner Yoga 10:15-11:15 am \$ Peak City Singers 11-12:30pm (JMBCC) \$ Open Cards and Games/ Mah Jongg 1-4pm Tai Chi Basics 5:30-6:30 pm \$	30 Pickleball Open Play 8:30-11:30 (JMBCC) Senior Exercise with Bettie 9-10am \$ (NR) Bridge (Scheduled) 10:00 -12:30pm	31 Pickleball open play 8:30-11:30am \$ (NR) (JMBCC) Wii Bowling 9:00 am-11:30am Senior Exercise with Beth 10-11 am \$NR) Chair Yoga 11:30-12:30 pm\$			30