

August

Calendar of Events

**NHC SRC Castle Hayne Baptist Church Location
4544 Parmele Road, Castle Hayne**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00 BINGO	2 9:30- Puzzles 10:00- Senior Strength (virtual class) 10:00- Tai Chi	3 9:30- Puzzles 10:00- Geri-fit 11:30 Wellness Walk With Dylan	4 9:30 BINGO 10:00 Stretch & Tone	5 9:30 Puzzles/Games 10:00 Yoga 11:15 Ukulele with Sara
8 10:00 BINGO	9 9:30- Puzzles 10:00- Senior Strength (virtual class) 10:00- Tai Chi	10 9:00 Balance & Posture 9:30- Puzzles 10:00- Geri-fit 11:30 Wellness Walk With Dylan	11 9:30 BINGO 10:00 Stretch & Tone 10:30 August Birthday Celebrations!	12 9:30 Puzzles/Games 10:00 Yoga
15 9:15 Lower Cape Fear Life Care- Info Session 10:00 BINGO	16 9:30- Puzzles 10:00- Senior Strength (virtual class) 10:00- Tai Chi	17 9:30- Puzzles 10:00- Geri-fit 11:30- Wellness Walk With Dylan	18 9:30 BINGO 10:00 Stretch & Tone	19 9:30 Puzzles/Games 10:00 Yoga
22 10:00 BINGO	23 9:30- Puzzles 10:00- Senior Strength (virtual class) 10:00- Tai Chi	24 9:30- Puzzles 10:00- Geri-fit 11:00 Cooking Demo: Alfredo with Chickpea Pasta 11:30- Wellness Walk With Dylan	25 9:30 BINGO 10:00 Stretch & Tone	26 9:30 Puzzles/Games 10:00 Yoga
29 10:00 BINGO	30 9:30- Puzzles 10:00- Senior Strength (virtual class) 10:00- Tai Chi	31 9:30- Puzzles 10:00- Geri-fit 11:00 Nutrition Education: Season with Spices! 11:30- Wellness Walk With Dylan	Nutritionist, Dylan Donnelly on site: Wednesdays (11:00- 12:00) Congregate Lunch is served daily at 11:15	