

August

Calendar of Events

NHC SRC *Katie B. Hines Center Location* 308 Cape Fear Blvd., Carolina Beach

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00- Exercise 10:00 Yoga w/ Denise 12:00 Ukulele with Sara 1:00- Mahjongg	2 10:00 Tai Chi 1:00 Bridge/Phase 10	3 9:00- Yoga w/ Darren 10:00- Livestream: Sr. Strength w/ Gayla 1:00- Line Dancing	4 9:00- Exercise 10:00- Geri-Fit 12:30- Painting 1:00- BINGO	5 10:30 Open Board Games
8 9:00- Exercise 10:00 Yoga w/ Denise 1:00- Mahjongg	9 10:00 Tai Chi 12:00 Balance & Posture 1:00 Bridge/Phase 10	10 9:00- Yoga w/ Darren 10:00- Livestream: Sr. Strength w/ Gayla 1:00- Line Dancing	11 9:00- Exercise 10:00- Geri-Fit 12:30- Painting 1:00- BINGO	12 10:30 Open Board Games
15 9:00- Exercise 10:00 Yoga w/ Denise 1:00- Mahjongg	16 10:00 Tai Chi 1:00 Bridge/Phase 10	17 9:00- Yoga w/ Darren 10:00- Livestream: Sr. Strength w/ Gayla 1:00- Line Dancing	18 9:00- Exercise 10:00- Geri-Fit 12:30- Painting 1:00- BINGO	19 10:30 Open Board Games 12:00 Nutrition Education: Season w/ Spices!
22 9:00- Exercise 10:00 Yoga w/ Denise 1:00- Mahjongg	23 10:00 Tai Chi 1:00 Bridge/Phase 10	24 9:00- Yoga w/ Darren 10:00- Livestream: Sr. Strength w/ Gayla 1:00- Line Dancing	25 9:00- Exercise 10:00- Geri-Fit 12:30- Painting 1:00- BINGO	26 10:30 Open Board Games 11:30 Cooking Demo: Alfredo w/ Chickpea Pasta
29 9:00- Exercise 10:00 Yoga w/ Denise 1:00- Mahjongg	30 10:00 Tai Chi 1:00 Bridge/Phase 10	31 9:00- Yoga w/ Darren 10:00- Livestream: Sr. Strength w/ Gayla 1:00- Line Dancing	<div style="border: 1px solid black; padding: 10px;"> <p>Nutritionist, Dylan Donnelly on site: Fridays (11:30- 12:30)</p> <p>Congregate Lunch is served daily at 12:00</p> </div>	