


August

Calendar of Events

New Hanover County Senior Resource Center- Ohana Café

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">1</p> <p>10:00 Fitness for All</p> <p>10:00 Balance & Posture</p> <p>10:30 Spiritual Seniors</p>	<p style="text-align: right;">2</p> <p>10:15 BINGO</p>	<p style="text-align: right;">3</p> <p>10:00 Senior Strength With Gayla</p>	<p style="text-align: right;">4</p> <p>10:15 BINGO</p>	<p style="text-align: right;">5</p> <p>9:00 & 10:00 Wellness Walk With Dylan</p>
<p style="text-align: right;">8</p> <p>10:00 Fitness for All</p> <p>10:00 Balance & Posture</p> <p>10:30 Spiritual Seniors</p>	<p style="text-align: right;">9</p> <p>10:15 BINGO</p> <p>11:00 Celebration of July Birthdays</p> 	<p style="text-align: right;">10</p> <p>10:00 Lower Cape Fear Life Care Informational Breakfast</p>	<p style="text-align: right;">11</p> <p>10:15 BINGO</p> <p>11:00 Farmer's Market</p>	<p style="text-align: right;">12</p> <p>9:00 & 10:00 Wellness Walk With Dylan</p>
<p style="text-align: right;">15</p> <p>10:00 Fitness for All</p> <p>10:00 Cooking Demo: Alfredo w/ Chickpea Pasta</p> <p>10:30 Spiritual Seniors</p>	<p style="text-align: right;">16</p> <p>10:15 BINGO</p>	<p style="text-align: right;">17</p> <p>10:00 Senior Strength With Gayla</p> <p>1:00 Movie Day: "Jungle Cruise"</p>	<p style="text-align: right;">18</p> <p>10:15 BINGO</p> <p>11:00 Ukulele with Sara</p>	<p style="text-align: right;">19</p> <p>9:00 & 10:00 Wellness Walk With Dylan</p>
<p style="text-align: right;">22</p> <p>10:00 Fitness for All</p> <p>10:00 Nutrition Education: Season with Spices!</p> <p>10:30 Spiritual Seniors</p>	<p style="text-align: right;">23</p> <p>10:15 BINGO</p>	<p style="text-align: right;">24</p> <p>10:00 Senior Strength With Gayla</p>	<p style="text-align: right;">25</p> <p>10:15 BINGO</p>	<p style="text-align: right;">26</p> <p>9:00 & 10:00 Wellness Walk With Dylan</p>
<p style="text-align: right;">29</p> <p>10:00 Fitness for All</p> <p>10:30 Spiritual Seniors</p>	<p style="text-align: right;">30</p> <p>10:15 BINGO</p>	<p style="text-align: right;">31</p> <p>10:00 Senior Strength With Gayla</p>	<p>Nutritionist Dylan Donnelly on site: Mondays, Tuesdays & Thursdays</p>	