

August 2019 Activities Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
				Yoga w/ David MacVaugh 5:30pm Clubhouse		
4	5 Game Day 10:30am - Clubhouse	6	7 Water Aerobics 9:30am Pool	8 Ladies' Learn, Laugh, Lunch - Flat Rock Wood Room 11:30am Yoga w/ David MacVaugh 5:30pm	9	10 Laughter Yoga 10:30am Clubhouse
11	12 Game Day 10:30am - Clubhouse	13 Yoga w/ Polly 10:30am Clubhouse	14 Donuts and Coffee 8:00am - Clubhouse Water Aerobics 9:30am Pool	15 Yoga w/ David MacVaugh 5:30pm Clubhouse	16	17
18	19 Game Day 10:30am - Clubhouse	20 Yoga w/ Polly 10:30am Clubhouse Taco Tuesday and Trivia 6:00pm Clubhouse	21 Water Aerobics 9:30am Pool	22 Crafts and Laughs - 10am Clubhouse Yoga w/ David MacVaugh 5:30pm Clubhouse	23	24
25	26 Game Day 10:30am - Clubhouse	27 Yoga w/ Polly 10:30am Clubhouse	28 Water Aerobics 9:30am Pool	29	30	31
1	2	<p><i>Notes</i> Please sign up using the clipboards in the Clubhouse</p> <p>Sherron is on vacation, so for this luncheon please text your Ladies' Lunch reservation to: Jane Perham (239) 470-7209 no later than Tues., August 6. (She has to RSVP to the restaurant.)</p>				