

August

Every week ... recurring weekly or daily programs are here at the top.
Not every week ... monthly, semi-monthly, special events, trips, etc., are below.

HEALTHY AGING never gets old



1180 Pepsi Place
 Charlottesville, VA 22901
 www.seniorcenterinc.org
 (434) 974-7756

Every SUNDAY	Every MONDAY	Every TUESDAY	Every WEDNESDAY	Every THURSDAY	Every FRIDAY	Every SATURDAY
1:00 Mah Jongg 1:30 Sunday Movie 2:00 Scrabble	8:00 Senior Golf \$ 8:45 Tai Chi \$ 9:00 BeMoved \$, Hiking, <i>Racquetball</i> \$ 9:30 Current Affairs 9:45 Primetime Fitness \$ 9:50 <i>Aerobic Dance</i> \$ 10:00 Writing for Healing & Growth \$ Sew & Sews Getting Better at Bridge 10:30 Chair Yoga 11:00 Parkinson's Yoga \$ 12:30 Chess Club 1:15 <i>Water Workout</i> \$ 1:30 Mah-Jongg [Chinese] 2:30 Member Social 4:00 <i>Member Social Dinner</i> \$ 6:45 Pickleball \$	9:00 Full Life Fitness (<i>will not meet Aug 22</i>) Mani/Pedicures \$, <i>Bowling</i> \$ 9:30 Primetime Fitness \$ <i>Retreads</i> (thru Nov.) 10:00 Ceramics \$ Medicare Consulting (by appt.) 10:15 <i>Water Workout</i> \$ 10:30 Arthritis Exercise \$ 10:45 Second-Wind Band \$ (<i>only meets Aug 1</i>) 12:00 Men's Poker, Beginner's Bridge 1:00 Tuesday Social Bridge 1:30 Mah Jongg 2:00 Ballroom Dance \$ (beg) (Ladies free the 1st Tuesday!) Pickleball \$ 3:00 Ballroom Dance \$ (adv) (Ladies free the 1st Tuesday!) 6:00 Singles' Schmooze \$	8:00 Hiking 8:45 Tai Chi \$ 9:30 BeMoved \$ 9:30 Crafty Ladies, Dominoes, Seated Massage \$ 9:45 Primetime Fitness \$ 10:00 <i>Bowling</i> \$ 10:45 First-Wind Band (<i>only meets Aug 2</i>) 11:30 Canasta 12:00 TOPS , Poker, Pickleball \$ 1:00 Scrabble, Mah-Jongg 1:15 <i>Water Workout</i> \$ 1:30 Ageless Grace \$ 3:00 Knit-Wits 4:00 Square Dancing Lessons NEW! International Folk Dancing, Line Dance (beg) 7:30 Tai Chi \$, Line Dance (adv)	9:00 Party Bridge, <i>Ivy Creek Walking Group</i> Ageless Grace \$ 9:30 Primetime Fitness \$ <i>Retreads</i> (thru Nov.) 10:15 <i>Aerobic Dance</i> \$ 10:00 AA , Recorder Lessons 10:15 <i>Water Workout</i> \$ 10:30 Arthritis Exercise \$ 10:45 Parkinson's Yoga \$ 11:15 Craft DIY 12:30 Duplicate Bridge 1:00 Albemarle Carvers, Apple/Mac Users Group, Financial Counseling (by appt.), 3:15 Chair Yoga 4:30 Medicare Consulting (by appt.) 5:00 Pickleball \$ 6:30 Swing Dance Lessons 7:30 Swing Dance	8:45 Tai Chi \$ 9:00 Full Life Fitness (<i>will not meet Aug 25</i>) Mah-Jongg, <i>Racquetball</i> \$ 9:30 Friday Art Group 9:45 PrimeTime Fitness \$ <i>Northside Walking</i> 9:50 <i>Aerobic Dance</i> \$ 10:30 Bingo 10:45 Flashbacks \$ (<i>Will not meet in Aug</i>) 11:00 <i>Water Workout</i> \$ 12:00 Writing for Pleasure 1:00 Still Sharp Singers \$ Fun Time Line Dancing (beg) 2:15 Pickleball \$ 2:30 Barbershop Belles & Beaux Line Dancing (adv) 3:00 Bereavement Support Group	9:30 Tennis 1:00 <i>Pickleball</i> \$
<p>KEY: Programs ... <i>in italics</i> are off-site; in bold are open to the public; with a fee have a \$. Subject to change. Check for updates and additions at seniorcenterinc.org, or visit our Facebook page.</p>						



		1 10:00 Blood Pressure Screenings 12:00 Try It Out Tuesday	2 9:30 Kingfishers Fishing Club 10:00 Travel Workshop 11:00 Book Group 5:00 Travel Buddies	3 10:45 Parkinson's Caregivers Support 1:00 Ladies' Poker 3:00 Socrates Cafe 4:00 Duplicate Bridge Forum	4 10:00 Investors' Forum	5
6	7 1:00 Senior Council 2:00 Bunko	8 9:00 Good Life Design 10:00 Money & You with Jorgen Vik	9 1:30 Senior Statesmen of Virginia 3:00 Ping Pong	10 10:00 Investment Visions 2:00 Le Cercle Français 4:00 Essential Tremor Support Group	11 1:30 Caregiver Support Group	12
13	14 1:00 Piedmont Pastelists 1:00 All Things Digital	15 10:00 Elder Law with Doris Gelbman	16 10:00 Hearing Health 11:30 Monthly Luncheon \$ 2:00 Cville Time Bank Orientation	17 1:00 Ladies' Poker 3:00 Socrates Cafe	18 10:00 Investors' Forum 3:00 Ice Cream Social	19
20	21 12:30 AARP Smart Driver Course 2:00 Bunko	22 12:30 AARP Smart Driver Course	23 1-4 Legal Consultation (call for appt.) 1:30 Windows Workshop 3:00 Ping Pong	24 10:00 Investment Visions 11:30 Food Truck - Bavarian Chef 2:00 Le Cercle Français	25 12:00 Writing for Pleasure Coffeehouse 1:30 Caregiver Support Group	26
27	28	29	30	31		

Every week ... recurring weekly or daily programs are here at the top.
Not every week ... monthly, semi-monthly, special events, trips, etc., are below.

Every SUNDAY	Every MONDAY	Every TUESDAY	Every WEDNESDAY	Every THURSDAY	Every FRIDAY	Every SATURDAY
1:00 Mah Jongg 1:30 Sunday Movie 2:00 Scrabble	8:00 Senior Golf \$ 8:45 Tai Chi \$ 9:00 BeMoved \$ Hiking, Racquetball \$ 9:30 Current Affairs 9:45 Primetime Fitness \$ 9:50 <i>Aerobic Dance</i> \$ 10:00 Writing for Healing & Growth \$ Sew & Sews Getting Better at Bridge 10:30 Chair Yoga 11:00 Parkinson's Yoga \$ 12:30 Chess Club 1:15 <i>Water Workout</i> \$ 1:30 Mah-Jongg [Chinese] 2:30 Member Social 4:00 <i>Member Social Dinner</i> \$ 6:45 Pickleball \$	9:00 Full Life Fitness Mani/Pedicures \$, <i>Bowling</i> \$ 9:30 Primetime Fitness \$ <i>Retreads</i> (thru Nov.) 10:00 Ceramics \$ Medicare Consulting (by appt.) 10:15 <i>Water Workout</i> \$ 10:30 Arthritis Exercise \$ 10:45 Second-Wind Band \$ 12:00 Men's Poker, Beginner's Bridge 1:00 Tuesday Social Bridge 1:30 Mah Jongg 2:00 Ballroom Dance \$ (beg) (Ladies free the 1st Tuesday!) Pickleball \$ 3:00 Ballroom Dance \$ (adv) (Ladies free the 1st Tuesday!) 6:00 Singles' Schmooze \$	8:00 Hiking 8:45 Tai Chi \$ 9:30 BeMoved \$ (Will not meet in July) 9:30 Crafty Ladies, Dominoes, Seated Massage \$ 9:45 Primetime Fitness \$ 10:00 <i>Bowling</i> \$ 10:45 First-Wind Band 11:30 Canasta 12:00 TOPS , Poker, Pickleball \$ 1:00 Scrabble, Mah-Jongg 1:15 <i>Water Workout</i> \$ 1:30 Ageless Grace \$ 3:00 Knit-Wits 4:00 Square Dancing Lessons 6:30 International Folk Dancing , Line Dance (beg) 7:30 Tai Chi \$, Line Dance (adv)	9:00 Party Bridge, <i>Ivy Creek Walking Group</i> Ageless Grace \$ 9:30 Primetime Fitness \$ <i>Retreads</i> (thru Nov.) 10:15 <i>Aerobic Dance</i> \$ 10:00 AA , Recorder Lessons 10:15 <i>Water Workout</i> \$ 10:30 Arthritis Exercise \$ 10:45 Parkinson's Yoga \$ 11:15 Craft DIY 12:30 Duplicate Bridge 1:00 Albemarle Carvers, Apple/Mac Users Group, Financial Counseling (by appt.), 3:15 Chair Yoga 4:30 Medicare Consulting (by appt.) 5:00 Pickleball \$ 6:30 Swing Dance Lessons 7:30 Swing Dance	8:45 Tai Chi \$ 9:00 Full Life Fitness Mah-Jongg, Racquetball \$ 9:30 Friday Art Group 9:45 PrimeTime Fitness \$ <i>Northside Walking</i> 9:50 <i>Aerobic Dance</i> \$ 10:30 Bingo 10:45 Flashbacks \$ 11:00 <i>Water Workout</i> \$ 12:00 Writing for Pleasure 1:00 Still Sharp Singers \$ (Will not meet in July) Fun Time Line Dancing (beg) 2:15 Pickleball \$ 2:30 Barbershop Belles & Beaux (Will not meet in July) Line Dancing (adv) 3:00 Bereavement Support Group	9:30 Tennis 1:00 <i>Pickleball</i> \$



KEY: Programs ... *in italics* are off-site; **in bold** are open to the public; with a fee have a \$. Subject to change. Check for updates and additions at seniorcenterinc.org, or visit our Facebook page.

2	3 2:00 Bunko	4 Closed in Observance of Independence Day	5 9:30 Kingfishers Fishing Club 5:00 Travel Buddies	6 10:45 Parkinson's Caregiver Support 1:00 Ladies' Poker 3:00 Socrates Cafe 4:00 Duplicate Bridge Forum	7 10:00 Investors' Forum	8
9	10 1:00 Piedmont Pastelists 1:00 All Things Digital	11 9:00 Good Life Design 1:30 Gallery Talk 5:30 Try It Out Wine & Cheese	12 10:00 Hearing Screenings 10:00 Try It Out Breakfast 3:00 Ping Pong 6:00 Old Dominion Lecture	13 10:00 Investment Visions 2:00 Le Cercle Français 4:00 Essential Tremor Support Grp	14 10:00 Religion, Science & Spirituality 1:30 Caregiver Support Group	15
16	17 2:00 Bunko	18	19 10:00 Hearing Health 11:30 Monthly Luncheon \$ 2:00 Cville Time Bank Orientation	20 1:00 Ladies' Poker 3:00 Socrates Cafe	21 10:00 Investors' Forum 3:00 Ice Cream Social	22
23 30	24 31	25	26 Day Trip: Lexington (Old Dominion Series) 1-4 Legal Consultation (call for appt.) 1:30 Windows Workshop 3:00 Ping Pong	27 10:00 Investment Visions 11:30 Food Truck Dr. Ho's Humble Pie 2:00 Le Cercle Français	28 12:00 Writing for Pleasure Coffeehouse 1:30 Caregiver Support Group	29