

August 2008 Activities for Active Older Adults

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 2:00-3:00 SilverSplash®	5 10:30-11:30 SilverSneakers® 2:00-3:00 SilverSneakers2®	6 9:30-10:30 YogaStretch® 2:00-3:00 SilverSplash®	7 10:30-11:30 SilverSneakers® 2:00-3:00 SilverSplash®	8	9
10 Blood Pressure Reading Clinic Tuesday, Aug. 12 8-10 a	11 2:00-3:00 SilverSplash®	12 10:30-11:30 SilverSneakers® 2:00-3:00 SilverSneakers2®	13 9:30-10:30 YogaStretch® 2:00-3:00 SilverSplash®	14 10:30-11:30 SilverSneakers® 2:00-3:00 SilverSplash®	15	16
17 Blood Pressure Reading Clinic Friday, Aug. 22 1-3 p	18 2:00-3:00 SilverSplash®	19 10:30-11:30 SilverSneakers® 2:00-3:00 SilverSneakers2®	20 9:30-10:30 YogaStretch® 2:00-3:00 SilverSplash®	21 10:30-11:30 SilverSneakers® 2:00-3:00 SilverSplash®	22 1:30-3 p The "Y" Read Book Discussion Group in Chapel	23
24 Game Time Tuesday, Aug. 26 1:30-4 p	25 2:00-3:00 SilverSplash®	26 10:30-11:30 SilverSneakers® 2:00-3:00 SilverSneakers2®	27 9:30-10:30 YogaStretch® 2:00-3:00 SilverSplash®	28 10:30-11:30 SilverSneakers® 2:00-3:00 SilverSplash®	29 1:30-2:30 p Active Older Adults Advisory Board meeting Chapel	30
31	SilverSplash® classes will meet at Lincoln Elementary					Questions? Call Matt 345-9622 x160

YOLDER ADULTS
We build strong kids, strong families, strong communities.