

August 2024 Evening

Monday	Tuesday	Wednesday	Thursday
	<p>Tuesday, August 13th 4:30pm-6:30pm NO Registration Required</p> 		<p>1</p> <p>4:00pm-Bingo 4:30pm-Dance Mix w/Christina 5:00pm-6:00pm OATS Intro to Social Media 5:30pm-Boom Muscle-Strength and Toning</p>
<p>5</p> <p>4:00pm-Pickleball 4:00pm-Yoga Class w/ Natalie E. 5:00pm-Dance Mix w/Maria</p>	<p>6</p> <p>3:30pm-6:00pm-Bihl Haus-New Class 4:30pm Dance-Energizing Music w/ Christina 4:30pm-Movie: Dreamgirls 5:00pm-Boom Muscle-Strength and Toning</p>	<p>7</p> <p>3:45pm-6:00pm-San Antonio Aquarium 4:00pm-6:00pm-Pickleball 5:00pm-Zumba w/ Maria</p> <p>FOOD BANK TOMORROW 1pm-MUST be Registered</p>	<p>8</p> <p>4:00pm-Bingo 4:30pm-Dance Mix w/ Christina 5:00pm-6:00pm OATS Finding Community on SPC 5:30pm-Boom Muscle-Strength and Toning</p>
<p>12</p> <p>4:00pm-Pickleball 4:00pm-Yoga Class w/Natalie E. 5:00pm-Dance Mix w/Maria</p>	<p>13</p> <p>3:30pm-6:00pm-Bihl Haus-New Class 4:30pm Dance-Energizing Music w/ Christina 4:30pm-Movie: Diary of a Mad Black Woman 4:30pm-6:30pm Hawaiian Luau-Summer Party</p>	<p>14</p> <p>4:00pm-6:00pm-Texas Roadhouse 4:00pm-6:00pm-Pickleball 5:00pm-Zumba w/ Maria</p>	<p>15</p> <p>4:00pm-Bingo 4:30pm-Dance-Energizing Music w/ Christina 5:00pm-6:00pm OATS: Intro to AI 5:30pm-Boom Muscle-Strength and Toning</p>
<p>19</p> <p>4:00pm-Pickleball 4:00pm-Yoga Class w/ Natalie E. 5:00pm-Dance Mix w/Maria</p>	<p>20</p> <p>3:30pm-6:00pm-Bihl Haus-New Class 4:00pm-Natalie-Demo 4:30pm-Dance-Energizing Music w/Christina 4:30pm-Movie: The Devil Wears Prada 5:00pm-Boom Muscle-Strength and Toning</p>	<p>21</p> <p>4:00pm-6:00pm-Pickleball 4:00pm-6:00pm PM Walkers At Ingram Mall 5:00pm-Zumba w/ Maria</p>	<p>22</p> <p>4:00pm-Bingo 4:00pm-Join us for Open House 4:30pm-Dance-Energizing Music w/Christina 5:00pm-6:00pm OATS: Everyday use of AI 5:30pm-Boom Muscle-Strength and Toning</p>
<p>26</p> <p>3:30pm-5:30pm-Visit Forrest Hills Library 4:00pm Pickleball 4:00pm-Yoga Class w/Natalie E. 5:00pm-Dance Mix w/Maria</p>	<p>27</p> <p>3:30pm-6:00pm-Bihl Haus-New Class 4:30 Dance-Energizing Music w/Christina 4:30pm-Movie: MADEA Witness Protection 5:00pm-Boom Muscle-Strength and Toning</p>	<p>28</p> <p>3:00pm-5:00pm Golden Corral 4:00pm-6:00pm-Pickleball 5:00pm-Zumba w/ Maria</p>	<p>29</p> <p>4:00pm-Bingo 4:30pm-Dance-Energizing Music w/Christina 5:00pm-6:00pm-OATS: TBD 5:30pm-Boom Muscle-Strength and Toning</p>

Evening Sessions:

- Coming up Trips: San Antonio Aquarium, Texas Roadhouse, PM Walkers, Visit Forrest Hills Library, Golden Corral.
- Boom Muscle-Using Dumbbells and Body Weights, Strengthen, Shape and Define all your Muscles with Christina.
- FOREVER WELL - DANCE-Designed to increase muscle strength, range of movement, and improves activities for daily living with Christina.
- Arts & Crafts - more information coming soon
- Join us for Open House on August 22nd. Refreshments will be served. Bingo @ 4:00pm