


August 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>POOL AND EXERCISE ROOMS ARE OPEN FROM 6 AM THROUGH 10 PM SEE NOTED AT THE BOTTOM OF THE CALENDAR FOR WATER AEROBICS CLASSES</p>		<p>1</p> <ul style="list-style-type: none"> EXERCISE FOR BALANCE 9 AM PINOCHLE 1 PM 	<p>2</p> <ul style="list-style-type: none"> WOMEN CORN TOSS 3:30 PM DOMINO'S 1 PM 	<p>3</p> <ul style="list-style-type: none"> SUMMER CHAIR YOGA 10 AM LADIES LUNCH AT BANGKOK BISTRO AT 12:30 MAHJONG 1:30 PM CORN TOSS 3:30 PM 	<p>4</p> <ul style="list-style-type: none"> CHAIR VOLLEY BALL 10 AM CARDS 6:30 PM 	<p>5</p> <ul style="list-style-type: none"> DOMINOS 1 PM
		<p>6</p>	<p>7</p> <ul style="list-style-type: none"> EXERCISE CLASS 10 AM BINGO 1:30PM 	<p>8</p> <ul style="list-style-type: none"> EXERCISE FOR BALANCE 9 AM PINOCHLE 1 PM 	<p>9</p> <ul style="list-style-type: none"> MEN'S BREAKFAST AT GEORGETOWN FAMILY REST 8 AM WOMEN CORN TOSS 10 AM DOMINO'S 1 PM 	<p>10</p> <ul style="list-style-type: none"> SUMMER CHAIR YOGA 10 AM MAHJONG 1:30 PM CORN TOSS 3:30 PM
<p>13</p>	<p>14</p> <ul style="list-style-type: none"> NO EXERCISE CLASS 	<p>15</p> <ul style="list-style-type: none"> EXERCISE FOR BALANCE 9 AM MEET THE BOARD 10 TO 11AM PINOCHLE 1 PM 	<p>16</p> <ul style="list-style-type: none"> DELMARVA DECORATIVE PAINTER 10 to 3 PM DOMINO'S 1 PM 	<p>17</p> <ul style="list-style-type: none"> SUMMER CHAIR YOGA 10 AM MAHJONG 1:30 PM MEN CORN TOSS 3:30 PM 	<p>18</p> <ul style="list-style-type: none"> CHAIR VOLLEY BALL 10 AM CARDS 6:30 PM 	<p>19</p> <ul style="list-style-type: none"> DOMINOS 1 PM
<p>20</p>	<p>21</p> <ul style="list-style-type: none"> EXERCISE CLASS 10 AM NO BINGO 	<p>22</p> <ul style="list-style-type: none"> EXERCISE FOR BALANCE 9 AM ADHOC BOARD MEETING 9 AM PINOCHLE 1 PM 	<p>23</p> <ul style="list-style-type: none"> MEN'S BREAKFAST AT GEORGETOWN FAMILY REST 8 AM WOMEN CORN TOSS 10 AM DOMINO'S 1 PM 	<p>24</p> <ul style="list-style-type: none"> SUMMER CHAIR YOGA 10 AM MAHJONG 1:30 PM MEN CORN TOSS 3:30 PM SKY BRADY DANCE AND LUMINARIA EVENT AT 6:30 	<p>25</p> <ul style="list-style-type: none"> CHAIR VOLLEY BALL 10 AM CARDS 6:30 PM 	<p>26</p> <ul style="list-style-type: none"> DOMINOS 1 PM
<p>27</p>	<p>28</p> <ul style="list-style-type: none"> EXERCISE CLASS 10 AM 	<p>29</p> <ul style="list-style-type: none"> EXERCISE FOR BALANCE 9 AM ADHOC BOARD MEETING 9 AM PINOCHLE 1 PM 	<p>30</p> <ul style="list-style-type: none"> WOMEN CORN TOSS 10 AM DOMINO'S 1 PM 	<p>31</p> <ul style="list-style-type: none"> SUMMER CHAIR YOGA 10 AM MAHJONG 1:30 PM MEN CORN TOSS 3:30 PM 	 <p>BATTERY RECYCLING – A REMINDER THAT RECYCLE CANS ARE LOCATED IN MAIL HUTS STARTING THE LAST DAY OF THE MONTH AND THE FIRST 7 DAYS OF EACH MONTH (JULY 31 THROUGH AUGUST 7).</p>	

● **POOL ROOM INFORMATION:**

- ON MONDAY, WEDNESDAY & FRIDAY - WATER AEROBICS INTERVALS AT 8 AM, WATER AEROBICS WET & WILD AT 9 AM, AND OPEN POOL FROM 6 AM TO 8 AM AND 10 AM TO 10 PM
- ON TUESDAY & THURSDAY - WATER EXERCISE AT 8 AM, , WATER AEROBICS STRENGTH & BALANCE AT 9 AM, AND OPEN POOL FROM 6 AM TO 8 AM AND 10 AM TO 10 PM

● **SAVE THE DATE**

- SEPTEMBER 27 - FIFTY THEMED POT LUCK
- SEPTEMBER 28 - LADIES LUNCH AT SEAFORD'S STARLIGHT DINER OCTOBER 25
- OCTOBER - OCTOBERWEEN POT LUCK