

SUN

MON

TUES

WED

THURS

FRI

SAT

<b>31.</b>	<b>1.</b> E Fitness (Zoom) 10a-11a E Fitness 10a-11a Chair Yoga (DVD) 11a-12p  Yoga 6:30p- 7:45p	<b>2.</b> Arts & Crafts/ Ceramics 9:30a- 12p Game Day 9:30a- 12p Tai Chi (DVD) 12p-1p  T.O.P.S 6p- 8p	<b>3.</b> E Fitness (Zoom) 10a-11a Movie & Popcorn 11p	<b>4.</b> Tai Chi (DVD) 11p-12p Bingo 12:00p- 1:30	<b>5.</b> E Fitness (Zoom) 10a-11a E Fitness 10a-11a Doc Talk 11a-12p	<b>6.</b>
<b>7.</b>	<b>8.</b> E Fitness (Zoom) 10a-11a E Fitness 10a- 11a Nutrition Talk 11:15a-12p  Yoga 6:30p- 7:45p	<b>9.</b> Arts & Crafts- Instructor Lead Painting/ Ceramics 9:30a-12p Game Day 9:30a- 12p Tai Chi (DVD) 12p-1p  T.O.P.S 6p- 8p	<b>10.</b> E Fitness (Zoom) 10a-11a Line Dancing (DVD) 10a-11a	<b>11.</b> Ice Cream Social 11:30a-12p Tai Chi (DVD) 11p-12p Bingo 12:00p- 1:30p	<b>12.</b> E Fitness (Zoom) 10a-11a E Fitness 10a-11a	<b>13.</b> Mini Trip: Palm Beach Zoo 9a-2p
<b>14.</b>	<b>15.</b> E Fitness (Zoom) 10a-11a E Fitness 10a-11a Chair Yoga (DVD) 11a-12p  Yoga 6:30p- 7:45p	<b>16.</b> Closed	<b>17.</b> Closed	<b>18.</b> Closed	<b>19.</b> Senior Appreciation Day 12p-3p	<b>20.</b>
<b>21.</b>	<b>22.</b> E Fitness (Zoom) 10a-11a E Fitness 10a- 11a Chair Yoga 11:15a-12p  Yoga 6:30p- 7:45p	<b>23.</b> Closed	<b>24.</b> Field Trip: Venetian Pool 9a-3p	<b>25.</b> Tai Chi (DVD) 11p-12p Bingo 12:00p- 1:30p Chair Volleyball 3:30p-4:30p	<b>26.</b> E Fitness (Zoom) 10a-11a E Fitness 10a-11a	<b>27.</b>
<b>28.</b>	<b>29.</b> E Fitness (Zoom) 10a-11a E Fitness 10a-11a Workshop 11a-12p  Yoga 6:30p- 7:45p	<b>30.</b> Arts & Crafts/ Ceramics 9:30a- 12p Game Day 9:30a- 12p Tai Chi (DVD) 12p-1p  T.O.P.S 6p- 8p	<b>31.</b> E Fitness (Zoom) 10a-11a Line Dancing (DVD) 10a-11a	<b>1.</b>	<b>2.</b>	<b>3.</b>



# August

## 2022

**Annual Membership Fee:**

**Residents: \$20**

**Non-Residents: \$25**

**Zoom Logins**

**Enhanced Fitness**

**ID: 882 7625 8053 Passcode: 462162**

**Arts & Crafts**

**ID: 860 1993 2815 Passcode: 728762**

**Bingo**

**ID: 884 4971 7518 Passcode: 333459**

**Yoga With Val: \$10 per class:**

**Val Jennings 954-663-0922**

**T.O.P.S.: \$26 reg. fee/ \$5 monthly:**

**Joseph Lamonica 954-980-3778**

**August Class Sign Up:**

**Residents: Opens Aug 18th**

**Non-residents: Opens Aug 25th**

**For more information contact (954) 630-4506 or [carrie.mahadeo@oaklandparkfl.gov](mailto:carrie.mahadeo@oaklandparkfl.gov)**

Information is subject to change.