

Senior Adult Activities Calendar

AUGUST 2019

★ These activities are included with all Recreation Center memberships at no additional charge.

<i>Sun</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Donut Happy Hour Thursdays 1:00–3:30 pm				1 Silver Splash 11:15 am – 12:05 pm Pickleball 12:30 – 3:30 pm	2 Silver Sneakers 1:30-2:30 pm	3
4 Pickleball 12 – 2 pm	5 Silver Sneakers 1:30-2:30 pm	6 Silver Sneakers 1:30-2:30 pm	7 Silver Sneakers 1:30-2:30 pm Pickleball 6:00-8:45 pm	8 KYDSS Meeting 10:00 am Silver Splash 11:15 am - 12:05 pm Pickleball 12:30 – 3:30 pm Silver Sneakers Yoga 1:30-2:30 pm	9 Silver Sneakers 1:30-2:30 pm	10
11 Pickleball 12 – 2 pm	12 Silver Sneakers 1:30-2:30 pm	13 Silver Sneakers 1:30-2:30 pm	14 Silver Sneakers 1:30-2:30 pm Pickleball 6:00-8:45 pm	15 Silver Splash 11:15 am - 12:05 pm Pickleball 12:30 – 3:30 pm Silver Sneakers Yoga 1:30-2:30 pm	16 Silver Sneakers 1:30-2:30 pm	17
18 Pickleball 12 – 2 pm	19 Silver Sneakers 1:30-2:30 pm	20 Pickleball 8:30 am – 12:30 pm Silver Sneakers 1:30-2:30 pm	21 Silver Sneakers 1:30-2:30 pm Pickleball 6:00-8:45 pm	22 Pickleball 8:30 am – 12:30 pm Silver Splash 11:15 am - 12:05 pm Silver Sneakers Yoga 1:30-2:30 pm	23 Silver Sneakers 1:30-2:30 pm Senior Adult Dance 6 – 9 pm \$5/\$7 per person	24
25 Pickleball 12 – 2 pm	26 Silver Sneakers 1:30-2:30 pm	27 Pickleball 8:30 am – 12:30 pm Silver Sneakers 1:30-2:30 pm	28 Silver Sneakers 1:30-2:30 pm Pickleball 6:00-8:45 pm	29 Pickleball 8:30 am – 12:30 pm Silver Splash 11:15 am - 12:05 pm Silver Sneakers Yoga 1:30-2:30 pm	30 Silver Sneakers 1:30-2:30 pm	31

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★ These activities require pre-registration in order to participate. While some are free, most have a fee.

Sr. Adult Adventure Program	Activities vary, ask for details.	Fees vary based on activity.
Sr. Adult Tai Chi Basics	Mondays, 8:00 – 9:00 am	\$25 R / \$35 NR per course (4 weeks)
Sr. Adult Tai Chi	Mondays, 9:00 – 10:00 am	\$25 R / \$35 NR per course (4 weeks)
Georgetown Bridge Club	Wednesdays, 1:00 - 4:30 pm	\$5 per person, per day, cash only
Sr. Adult Ballroom Dance Lessons	Thursdays, 1:30-2:30 pm	\$35 R / \$45 NR per course (for 4 weeks)
Sr. Adult Country Dance Lessons	Thursdays, 2:45-3:45 pm	\$35 R / \$45 NR per course (for 4 weeks)
Weight Room Orientation	August 8, 11:00 am - 12:30 pm or 6:30-8:00 pm	FREE! Please register, space is limited.
Private Computer, Smartphone and Tablet lessons are available on your schedule!		\$25 R / \$35 NR per hour



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