

# Davidson County Senior Center of Thomasville

## August 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1.</b> 8am-4:50pm Computer Lab 8am-4:30pm Fitness Room 9-9:45am Get Strong! 12pm Phase 10 12pm Chorus 12:30 pm Table Tennis 2pm Fitness Rm Orientation <b>5:30-6:30 pm Learn To Shag Dance</b>	<b>2.</b> 8am-4:50pm Computer Lab 8am-4:30pm Fitness Room 11am Line Dance I 12pm Line Dance II 12pm Phase 10 8am-5pm Puzzles/Games/Wii	<b>3.</b> 8am-4:50pm Computer Lab 8am-4:30pm Fitness Room <b>11 am Writing Group</b> 12pm Phase 10 <b>3-4 pm Learn to Waltz</b> 8am-5pm Puzzles/Games/Wii	<b>4.</b> 8am-4:50pm Computer Lab 8am-4:30pm Fitness Room 12pm Phase 10 <b>12-1pm Chair Yoga</b> <b>1-2pm Tai Chi</b> 8am-5pm Puzzles/Games/Wii
<b>7.</b> 8am-4:50pm Computer Lab 8am-4:30pm Fitness Room 12-4pm Phase 10 8am-5pm Puzzles/Games/Wii	<b>8.</b> 8am-4:50pm Computer Lab 8am-4:30pm Fitness Room 9-9:45am Get Strong! 12pm Phase 10 12pm Chorus 12:30 pm Table Tennis 2pm Fitness Rm Orientation <b>5:30-6:30 pm Learn To Shag Dance</b>	<b>9.</b> 8am-4:50pm Computer Lab 8am-4:30pm Fitness Room 11am Line Dance I 12pm Line Dance II 12pm Phase 10 8am-5pm Puzzles/Games/Wii	<b>10.</b> 8am-4:50pm Computer Lab 8am-4:30pm Fitness Room <b>10 am Blood Pressure: The Silent Killer</b> <b>11 am Writing Group</b> 12pm Phase 10 <b>3-4 pm Learn to Waltz</b> 8am-5pm Puzzles/Games/Wii	<b>11.</b> 8am-4:50pm Computer Lab 8am-4:30pm Fitness Room 12pm Phase 10 <b>12-1pm Chair Yoga</b> <b>1-2pm Tai Chi</b> 8am-5pm Puzzles/Games/Wii
<b>14.</b> 8am-4:50pm Computer Lab 8am-4:30pm Fitness Room 12-4pm Phase 10 8am-5pm Puzzles/Games/Wii <b>1-4:30 pm Legal Aid</b>	<b>15.</b> 8am-4:50pm Computer Lab 8am-4:30pm Fitness Room 9-9:45am Get Strong! 12pm Phase 10 12pm Chorus 12:30 pm Table Tennis 2pm Fitness Rm Orientation <b>5:30-6:30 pm Learn To Shag Dance</b>	<b>16.</b> 8am-4:50pm Computer Lab 8am-4:30pm Fitness Room 11am Line Dance I 12pm Line Dance II 12pm Phase 10 8am-5pm Puzzles/Games/Wii	<b>17.</b> 8am-4:50pm Computer Lab 8am-4:30pm Fitness Room <b>11 am Writing Group</b> 12pm Phase 10 <b>3-4 pm Learn to Waltz</b> 8am-5pm Puzzles/Games/Wii	<b>18.</b> 8am-4:50pm Computer Lab 8am-4:30pm Fitness Room 12pm Phase 10 <b>12-1pm Chair Yoga</b> <b>1-2pm Tai Chi</b> <b>2:30-4:30pm Wire-Wrapped Rings</b> 8am-5pm Puzzles/Games/Wii
<b>21.</b> 8am-4:50pm Computer Lab 8am-4:30pm Fitness Room 12-4pm Phase 10 8am-5pm Puzzles/Games/Wii	<b>22.</b> 8am-4:50pm Computer Lab 8am-4:30pm Fitness Room 9-9:45am Get Strong! 12pm Phase 10 12pm Chorus <b>2 pm Bingo</b> 2pm Fitness Rm Orientation <b>5:30-6:30 pm Learn To Shag Dance</b>	<b>23.</b> 8am-4:50pm Computer Lab 8am-4:30pm Fitness Room 11am Line Dance I 12pm Line Dance II 12pm Phase 10 <b>2:00 pm Signs of a Stroke</b> 8am-5pm Puzzles/Games/Wii	<b>24.</b> 8am-4:50pm Computer Lab 8am-4:30pm Fitness Room <b>11 am Writing Group</b> 12pm Phase 10 <b>3-4 pm Learn to Waltz</b> 8am-5pm Puzzles/Games/Wii	<b>25.</b> 8am-4:50pm Computer Lab 8am-4:30pm Fitness Room <b>9am-4pm PAD Screenings at Thomasville Medical Center</b> 12pm Phase 10 <b>12-1pm Chair Yoga</b> <b>1-2pm Tai Chi</b> 8am-5pm Puzzles/Games/Wii
<b>28.</b> 8am-4:50pm Computer Lab 8am-4:30pm Fitness Room 12-4pm Phase 10 8am-5pm Puzzles/Games/Wii	<b>29.</b> 8am-4:50pm Computer Lab 8am-4:30pm Fitness Room 9-9:45am Get Strong! 12pm Phase 10 12pm Chorus <b>2 pm Bingo</b> 2pm Fitness Rm Orientation <b>5:30-6:30 pm Learn To Shag Dance</b>	<b>30.</b> 8am-4:50pm Computer Lab 8am-4:30pm Fitness Room 11am Line Dance I 12pm Line Dance II 12pm Phase 10 8am-5pm Puzzles/Games/Wii	<b>31.</b> 8am-4:50pm Computer Lab 8am-4:30pm Fitness Room <b>11 am Writing Group</b> 12pm Phase 10 <b>3-4 pm Learn to Waltz</b> 8am-5pm Puzzles/Games/Wii	