

Monday

Tuesday

Wednesday

Thursday

Friday

August 2025

1				
10:00 Coffee & Conversation 11:00 Chair Cardio Kick-boxing w/ Vernetta 12:00 Lunch 12:45 Drum Circle				
4	5	6	7	8
10:00 Coffee & Conversation 11:00 Yoga & Movement w/ Penelope 12:00 Lunch 12:45 Repair Cafe w/ Edie	10:00 Coffee & Conversation 11:00 Strength, Balance, and Core w/ Emma 12:00 Lunch 12:45 Improv w/Topher 12:45 AARP Foundation Volunteers Bingo	10:00 Coffee & Conversation 10:15 Current Events Discussion 11:00 Dance with Taal (Rhythm) w/ Shuchi 12:00 Lunch 12:45 Art Adventures w/ Meg	10:00 Coffee & Conversation 11:00 Meditation & Movement w/ Meg 11:00 Trip to Nationals Park 12:00 Lunch 12:45 Program TBD	10:00 Coffee & Conversation 11:00 Chair Cardio Kick-boxing w/ Vernetta 12:00 Lunch 12:45 Drum Circle
11	12	13	14	15
10:00 Coffee & Conversation 11:00 Yoga & Movement w/ Penelope 12:00 Lunch 12:45 Wild Tech Computer Support	10:00 Coffee & Conversation 11:00 Strength, Balance, and Core w/ Emma 12:00 Lunch 12:45 Improv w/Topher 12:45 AARP Foundation Volunteers Ice Cream Social	10:00 Coffee & Conversation 10:15 Current Events Discussion 11:00 Dance with Taal (Rhythm) w/ Shuchi 12:00 Lunch 12:45 Art Adventures w/ Meg	10:00 Coffee & Conversation 11:00 Meditation & Movement w/ Meg 12:00 Lunch 12:45 Watercolors w/ Ida	10:00 Coffee & Conversation 11:00 Chair Cardio Kick-boxing w/ Vernetta 12:00 Lunch 12:45 Nutrition Education w/ Chris
18	19	20	21	22
10:00 Coffee & Conversation 11:00 Yoga & Movement w/ Penelope 12:00 Lunch 12:45 August Birthday Party w/Daryl Davis	10:00 Coffee & Conversation 11:00 Strength, Balance, and Core w/ Emma 12:00 Lunch 12:45 Improv w/Topher 12:45 Legal Counsel for the Elderly-Life Planning	10:00 Coffee & Conversation 10:15 Current Events Discussion 11:00 Dance with Taal (Rhythm) w/ Shuchi 12:00 Lunch 12:45 Art Adventures w/ Meg	10:00 Coffee & Conversation 10:30 Produce Market 11:00 Meditation & Movement w/ Meg 12:00 Lunch 12:45 Watercolors w/ Ida	10:00 Coffee & Conversation 11:00 Chair Cardio Kick-boxing w/ Vernetta 12:00 Lunch 12:45 Fall Recovery Program Online
25	26	27	28	29
10:00 Coffee & Conversation 11:00 Yoga & Movement w/ Penelope 12:00 Lunch 12:45 Awesome Adventures w/Bruce: An Alaska Boyhood	9:45 Trip MLK Lib: Sculptors Show 10:00 Coffee & Conversation 10:15 Resources w/Trevor 11:00 Strength, Balance, and Core w/ Emma 12:00 Lunch 12:45 Improv w/Topher	10:00 Coffee & Conversation 10:15 Current Events Discussion 11:00 Dance with Taal (Rhythm) w/ Shuchi 12:00 Lunch 12:45 Art Adventures w/ Meg	10:00 Coffee & Conversation 11:00 Meditation & Movement w/ Meg 12:00 Lunch 12:45 Watercolors w/ Ida	10:00 Coffee & Conversation 11:00 Chair Cardio Kick-boxing w/ Vernetta 12:00 Lunch 12:45 Drum Circle