BRIDGEWATER SENIOR CALENDAR

August 2016

Donna Langel 908-725-8020/575-8021

Mon	Tue	Wed	Thu	Fri	
1 Sit & Get Fit 9:45 Stretch Bands 10:45 Dance Fitness 11:30 Tap Dance 12:15 Jewelry Class 12:00	**2** Bridge 9:30 Knitting 10:00 Billiards/Shuffle Board 10:00 Bingo 12:00	**3** Weights 9;45 Aerobics 10:45 C/W Line Dance 11:45 Diabetes Seminar 11:30	**4** Tai Chi 9:30 Yoga 10:45 Strength Training 12:00	**5** Weights 9:45 ZUMBA 10:45	
8 Sit & Get Fit 9:45 Stretch Bands 10:45 Dance Fitness 11:30 Tap Dance 12:15 Jewelry Class 12:00	**9** Bridge 9:30 Knitting 10:00 Billiards/Shuffle Board 10:00 **Centennial** **CELEBRATION DAY**	**10** Weights 9:45 Aerobics 10:45 C/W Line Dance 11:45 Diabetes Seminar 11:30	**11** 'Divine Sisters ' 10:45 Tai Chi 9:30 Yoga 10:45 Strength Training 12:00	**12** Weights 9:45 ZUMBA 10:45	
15 Sit & Get Fit 9:45 Stretch Bands 10:45 Dance Fitness 11:30 Tap Dance 12:15 Jewelry Class 12:00	**16** Bridge 9:30 Knitting 10:00 Billiard/Shuffle Board 10:00 Business Meeting 12:00	**17** Weights 9:45 Aerobics 10:45 C/W Line Dance 11:45	**18** Brookdale Tour 9:45 Tai Chi 9:30 Yoga 10:45 Strength Training 12:00	**19** Weights 9:45 ZUMBA 10:45	
22 **PARX 10:30** No Classes	**23** Bridge 9:30 Knitting 10:00 Billiard/ShuffleBoard 10:00 Program : **Seminar by Prudential**	**24** No Classes	**25** No Classes	**26** No Classes	
29 **PARX 10:30** No Classes	**30** Bridge 9:30 Knitting 10:00 Billiard/ShuffleBoard 10:00 Birthday Lunch 12:00	**31** No Classes			