

## GSC CALENDAR OF ACTIVITY - AUGUST 2010

Mon	Tue	Wed	Thu	Fri	Sat/Sun
<p>2 8:30a EnhanceFit 8:30a Pinochle 9a Harmonicats 10a Exercise 11a Bridge 1p Piano 1p Skype 2p Soul Collage 2p Change Diet 4p Well Spouse 4p Tennis Tap 7p Comput. Basica 7p Guitar II</p>	<p>3 9a Nurse 9a Tai Chi II 10a Write Life 10a Walking Club 10:15a Tai Chi I 10:30a Early Stage 11a Feldenkrais 1p Line Dancing 1p Peace Group 6:30p Photoshop</p>	<p>4 8:30a EnhanceFit 9a Chair Massage 10a Mixed Media 10a Exercise 10a Lang. Exchange 11a Living Alone 1p Watercolor 6p Internet Search Engines 7p Guitar I</p>	<p>5 9a Tai Chi II 10:15a Tai Chi I 12p Lunch Club 1p Feldenkrais 1p Open Studio 2:30p Yoga</p>	<p>6 8:30a EnhanceFit 9a G-Notes 9a Massages 10a Exercise 12p Culture</p>	<p>7 10a Make Your Own Yarn</p> <p>8</p>
<p>9 8:30a EnhanceFit 8:30a Pinochle 9a Harmonicats 10a Exercise 11a Bridge 12p Red Hats Lunch Outing 1p Piano 2p Change Diet 4p Tennis Tap 7p Comput. Basica</p>	<p>10 9a Tai Chi II 9:30a Men's Club 10a Write Life 10a Walking Club 10:15a Tai Chi I 11a Feldenkrais 1p Haircuts 1p Line Dancing 1p Parkinson Grp 1p Discussion Grp 2p The Show 6p Canning</p>	<p>11 8:30a EnhanceFit 9a Chair Massage 10a Lang. Exchange 10a Mixed Media 10a Exercise 1p Watercolor 1:30p Financial Plan</p>	<p>12 9a Tai Chi II 10:15a Tai Chi I 1p Feldenkrais 1p Open Studio 1p Senior Voices 2:30p Yoga</p>	<p>13 8:30a EnhanceFit 9a G-Notes 9a Foot Care 10a Exercise 11a Lemonade 1p Culture Time TBD- Trip to Edmonds</p>	<p>14</p> <p>15</p>
<p>16 8:30a EnhanceFit 8:30a Pinochle 9a Foot Care 9a Harmonicats 10a Exercise 11a Bridge 1p Piano 7p Comput. Basica</p>	<p>17 7:45a Casino 9a Tai Chi II 10a Write Life 10a Walking Club 10:15a Tai Chi I 11a Feldenkrais 1p Line Dancing 2p SAGE Mtg 6p Excel w/ Excel</p>	<p>18 8:30a EnhanceFit 9a Chair Massage 10a Mixed Media 10a Lang. Exchange 10a Exercise 1p Watercolor</p>	<p>19 9a Tai Chi II 10:15a Tai Chi I 1p Open Studio 1p Feldenkrais 1p Legal Assistance 1p Book Discussion 2:30p Yoga 3:30 Male Caregivers</p>	<p>20 8:30a EnhanceFit 9a G-Notes 9a Massage 10a Exercise 12p BBQ 1p Culture</p>	<p>21</p> <p>22</p>
<p>23 8:30a EnhanceFit 8:30a Pinochle 9a Harmonicats 10a Exercise 11a Bridge 7p Comput. Basica</p>	<p>24 9a Tai Chi II 9:30a Men's Club 10a Write Life 10a Walking Club 10:15a Tai Chi I 11a Feldenkrais 1p Hearing Aid Help 1p Line Dancing 1p Discussion Grp 2p The Show 6p Excel w/ Excel</p>	<p>25 8:30a EnhanceFit 9a Chair Massage 10a Mixed Media 10a Lang. Exchange 10a Exercise 11a Families 1p Watercolor</p>	<p>26 9a Tai Chi II 9:30a Driver Safety 10:15a Tai Chi I 1p Open Studio 1p Feldenkrais 2:30p Yoga</p>	<p>27 8:30a EnhanceFit 9a G-Notes 9a Foot Care 9:30a Driver Safety 10a Exercise 1p Jewelry Making 1p Culture 4:30p Spaghetti Dinner 7p Bingo/Karaoke</p>	<p>28</p> <p>29</p>
<p>30 8:30a EnhanceFit 8:30a Pinochle 9a Harmonicats 10a Exercise 11a Bridge 7p Comput. Basica</p>	<p>31 9a Tai Chi II 10a Write Life 10a Walking Club 10:15a Tai Chi I 10:30a Early Stage 10:30 Early Stage Caregivers 11a Feldenkrais 1p Line Dancing</p>				