

**Nurture your mind, body and spirit for a healthier, happier LIFE!**

**LIFE'S Senior Center at Southminster August 2022**

Monday		Tuesday		Wednesday		Thursday		Friday	
1	8:15-3:30 Walkers / Fitness Room 8:15-9:15 Open Basketball 9:00 Chair/Standing Fitness 9:30-10:45 Senior Fitness Tai Chi 11:00 Cornhole Toss Game 11:00 Ladies/Men's Basketball 12:30-1:40 Yoga 1:00 Bridge (Beginners Welcome) 1:45-3:30 Pickleball: Open to All	2	8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 11:15-12:15 Pickleball-Reservations all 3 courts 12:15-3:30 Pickleball-Challenge Court 1 Open play courts 2 & 3 12:30 Mahjong 1:00 Knitten Kittens	3	8:15-3:30 Walkers / Fitness Room 8:30-10:30 Beginners Pickleball Lessons 9:00 Chair/Standing Fitness 10:30-11:00 Beginners Pickleball Play 11:15-12:15 Pickleball Reservations all 3 Courts 12:30-1:40 Yoga 1:45-3:30 Pickleball-Open	4	8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing Fitness 10:00 Dancing Rhythms 11:15-12:15 Pickleball-Reservations all 3 courts 12:15-3:30 Pickleball-Challenge Court 1 Open play courts 2 & 3 1:00 Art Class with Miss Rainbow String Art	5	8:15-3:30 Walkers / Fitness Room 8:30-11:00 Beginners Pickleball-court 1&2 9:00-10:30 Pickleball Machine-court 3 (See sign-up Sheet) 11:15-12:15 Pickleball-Reservations all 3 courts 12:30-1:30 Knitten Kittens 1:30 Cards and Games 12:15-3:30 Pickleball-Open
8	8:15-3:30 Walkers / Fitness Room 8:15-9:15 Open Basketball 9:00 Chair/Standing Fitness 9:30-10:45 Senior Fitness Tai Chi 11:00 Cornhole Toss Game 11:00 Ladies/Men's Basketball 12:30-1:40 Yoga 1:00 Bridge (Beginners Welcome) 1:45-3:30 Pickleball: Open to All	9	8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 11:15-12:15 Pickleball-Reservations all 3 courts 12:15-3:30 Pickleball-Challenge Court 1 Open play courts 2 & 3 12:30 Mahjong 1:00 Knitten Kittens	10	8:15-3:30 Walkers / Fitness Room 8:30-10:30 Beginners Pickleball Lessons 9:00 Chair/Standing Fitness 10:30-11:00 Beginners Pickleball Play 11:15-12:15 Pickleball Reservations all 3 Courts 12:30-1:40 Yoga 1:45-3:30 Pickleball-Open  1:00-2:00 LIFE Support Staying Connected and Sharing Our Strengths	11	8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing Fitness 10:00 Dancing Rhythms 11:15-12:15 Pickleball-Reservations all 3 courts 12:15-3:30 Pickleball-Challenge Court 1 Open play courts 2 & 3 1:00 Art Class with Miss Rainbow Resin Coasters	12	8:15-3:30 Walkers / Fitness Room 8:30-11:00 Beginners Pickleball-court 1&2 9:00-10:30 Pickleball Machine-court 3 (See sign-up Sheet) 11:15-12:15 Pickleball-Reservations all 3 courts 12:30-1:30 Knitten Kittens 1:30 Cards and Games 12:15-3:30 Pickleball-Open
15	8:15-3:30 Walkers / Fitness Room 8:15-9:15 Open Basketball 9:00 Chair/Standing Fitness 9:30-10:45 Senior Fitness Tai Chi 11:00 Cornhole Toss Game 11:00 Ladies/Men's Basketball 12:30-1:40 Yoga 1:00 Bridge (Beginners Welcome) 1:45-3:30 Pickleball: Open to All	16	8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 11:15-12:15 Pickleball-Reservations all 3 courts 12:15-3:30 Pickleball-Challenge Court 1 Open play courts 2 & 3 12:30 Mahjong 1:00 Knitten Kittens	17	8:15-3:30 Walkers / Fitness Room 8:30-10:30 Beginners Pickleball Lessons 9:00 Chair/Standing Fitness 10:30-11:00 Beginners Pickleball Play 11:15-12:15 Pickleball Reservations all 3 Courts 12:30-1:40 Yoga 1:45-3:30 Pickleball-Open	18	8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing Fitness 10:00 Dancing Rhythms 11:15-12:15 Pickleball-Reservations all 3 courts 12:15-3:30 Pickleball-Challenge Court 1 Open play courts 2 & 3 1:00 Art Class with Miss Rainbow Resin Jewelry	19	8:15-3:30 Walkers / Fitness Room 8:30-11:00 Beginners Pickleball-Court 1&2 9:00-10:30 Pickleball Machine-Court 3 (see sign-up sheet) 11:15-12:15 Pickleball-Reservations all 3 courts 12:30-1:30 Knitten Kittens 1:30 Cards and Games 12:15-3:30 Pickleball-Open
22	8:15-3:30 Walkers / Fitness Room 8:15-9:15 Open Basketball 9:00 Chair/Standing Fitness 9:30-10:45 Senior Fitness Tai Chi 11:00 Cornhole Toss Game 11:00 Ladies/Men's Basketball 12:30-1:40 Yoga 1:00 Bridge (Beginners Welcome) 1:45-3:30 Pickleball: Open to All	23	8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 11:15-12:15 Pickleball-Reservations all 3 courts 12:15-3:30 Pickleball-Challenge Court 1 Open play courts 2 & 3 12:30 Mahjong 1:00 Knitten Kittens	24	8:15-3:30 Walkers / Fitness Room 8:30-10:30 Beginners Pickleball Lessons 9:00 Chair/Standing Fitness 10:30-11:00 Beginners Pickleball Play 11:15-12:15 Pickleball Reservations all 3 Courts 12:30-1:40 Yoga 1:45-3:30 Pickleball-Open	25	8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing Fitness 10:00 Dancing Rhythms 11:15-12:15 Pickleball-Reservations all 3 courts 12:15-3:30 Pickleball-Challenge Court 1 Open play courts 2 & 3 1:00 Art Class with Miss Rainbow Round Robin Art Journaling	26	8:15-3:30 Walkers / Fitness Room 8:30-11:00 Beginners Pickleball-court 1&2 9:00-10:30 Pickleball Machine-court 3 (See sign-up Sheet) 11:15-12:15 Pickleball-Reservations all 3 courts 12:00 Luncheon/BINGO with BG 12:30-1:30 Knitten Kittens 1:30 Cards and Games 12:15-3:30 Pickleball-Open
29	8:15-3:30 Walkers / Fitness Room 8:15-9:15 Open Basketball 9:00 Chair/Standing Fitness 9:30-10:45 Senior Fitness Tai Chi's 11:00 Cornhole Toss Game 11:00 Ladies/Men's Basketball 12:30-1:40 Yoga 1:00 Bridge (Beginners Welcome) 1:45-3:30 Pickleball: Open to All	30	8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 11:15-12:15 Pickleball-Reservations all 3 courts 12:15-3:30 Pickleball-Challenge Court 1 Open play courts 2 & 3 12:30 Mahjong 1:00 Knitten Kittens	31	8:15-3:30 Walkers / Fitness Room 8:30-10:30 Beginners Pickleball Lessons 9:00 Chair/Standing Fitness 10:30-11:00 Beginners Pickleball Play 11:15-12:15 Pickleball Reservations all 3 Courts 12:30-1:40 Yoga 1:45-3:30 Pickleball-Open	<p><b>Please make certain to swip for all activities</b>  <b>Senior Fitness Tai Chi every Mon 9:30</b>  <b>Yoga every Mon &amp; Wed 12:30</b>  <b>Dancing Rhythms every Tues &amp; Thurs 10:00</b>  <b>Chair/Standing Fitness Mon, Wed, Thurs 9:00</b>  <b>Mahjong every Tues 12:30</b>  <b>Knitten Kittens Tues 1:00 &amp; Fri 12:30</b>  <b>Art Class with Miss Rainbow Thurs 1:00</b>  <b>Bingo with BG 8/26</b></p>		<p>8/10 LIFE Support-Staying Connected and Sharing Our Strengths with Janet Stumper              8/23 Southminster Luncheon \$6.00              Chicken Alfredo, Garlic Bread, Salad and Fresh Fruit              Dessert provided by:              Guest Speakers: Joaney and Rachael              The Broadmoor &amp; Heatheridge Senior Living  <b>RSVP to Jennifer by 8/15</b></p>	

LIFE's Senior Center at Southminster  
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