







AUGUST 2019

LOCATION OF CLASS:

-  Pool
 -  Patio
 -  Community Room
 -  Conference Room
 -  Gym
 -  Lobby
- *BCI = Beacon Community Inpool program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4. Open Swim 12-3 p.m.	5. Gym for Me 9 a.m. Splash with Me 10 a.m. Board & Card Games 12:30 p.m. Open Gym 3:30 p.m.	6. Senior Pep Fitness 9:30 a.m. Splash with Me 10 a.m. Senior Men's B&B 10:30 a.m. Pickle Ball 12 p.m. Board & Card Games 12:30 p.m. Yoga - 30 min 5:45 p.m. BCI: Dame Tu Mano 6 p.m.	7. Gym for Me 9 a.m. Splash with Me 10 a.m. Book Club 10:30 a.m. BCI: Question, Persuade, Refer Adult 6 p.m.	1. Senior Pep Fitness 9:30 a.m. Splash with Me 10 a.m. CitiWalk - 1 hour 12 p.m. Pickle Ball 12 p.m. Board & Card Games 12:30 p.m. Yoga - 30 min 5:45 p.m.	2. Walk & Talk 9 a.m. Splash with Me 10 a.m. Board & Card Games 12:30 p.m. Open Swim 5-7 p.m.	3. Sunrise Yoga 8 a.m.
11. Open Swim 12-3 p.m.	12. Gym for Me 9 a.m. Splash with Me 10 a.m. Board & Card Games 12:30 p.m. Open Gym 3:30 p.m.	13. Senior Pep Fitness 9:30 a.m. Splash with Me 10 a.m. Senior Men's B&B 10:30 a.m. Blood Pressure Screens 11 a.m. Pickle Ball 12 p.m. Board & Card Games 12:30 p.m. Yoga - 30 min 5:45 p.m. BCI: Dame Tu Mano 6 p.m.	14. Gym for Me 9 a.m. Splash with Me 10 a.m. Book Club 10:30 a.m. BCI: Adult Overdose Helpline - Opioids 6 p.m.	15. Senior Pep Fitness 9:30 a.m. Splash with Me 10 a.m. CitiWalk - 1 hour 12 p.m. Pickle Ball 12 p.m. Board & Card Games 12:30 p.m. Yoga - 30 min 5:45 p.m. BCI: Dame Tu Mano 6 p.m.	16. Walk & Talk 9 a.m. Splash with Me 10 a.m. Board & Card Games 12:30 p.m. Open Swim 5-7 p.m.	17. Sunrise Yoga 8 a.m. BCI: Dame Tu Mano 9 a.m.
18. Open Swim 12-3 p.m.	19. Gym for Me 9 a.m. Splash with Me 10 a.m. Board & Card Games 12:30 p.m. Open Gym 3:30 p.m. BCI: Question, Persuade, Refer Adult Spanish 6 p.m.	20. Senior Pep Fitness 9:30 a.m. Splash with Me 10 a.m. Senior Men's B&B 10:30 a.m. Pickle Ball 12 p.m. Board & Card Games 12:30 p.m. Yoga - 30 min 5:45 p.m. BCI: Dame Tu Mano 6 p.m.	21. Gym for Me 9 a.m. Splash with Me 10 a.m. Book Club 10:30 a.m.	22. Senior Pep Fitness 9:30 a.m. Splash with Me 10 a.m. CitiWalk - 1 hour 12 p.m. Pickle Ball 12 p.m. Board & Card Games 12:30 p.m. Yoga - 30 min 5:45 p.m. BCI: Dame Tu Mano 6 p.m.	23. Walk & Talk 9 a.m. Splash with Me 10 a.m. Board & Card Games 12:30 p.m. Open Swim 5-7 p.m.	24. Sunrise Yoga 8 a.m. BCI: Dame Tu Mano 9 a.m.
25. Open Swim 12-3 p.m.	26. Gym for Me 9 a.m. Splash with Me 10 a.m. Board & Card Games 12:30 p.m. Open Gym 3:30 p.m.	27. Senior Pep Fitness 9:30 a.m. Splash with Me 10 a.m. Senior Men's B&B 10:30 a.m. Pickle Ball 12 p.m. Board & Card Games 12:30 p.m. Yoga - 30 min 5:45 p.m.	28. Gym for Me 9 a.m. Splash with Me 10 a.m. Book Club 10:30 a.m. BCI: 8 Dimensions of Well-being, Occupational T30	29. Senior Pep Fitness 9:30 a.m. Splash with Me 10 a.m. CitiWalk - 1 hour 12 p.m. Pickle Ball 12 p.m. Board & Card Games 12:30 p.m. Yoga - 30 min 5:45 p.m. BCI: Dame Tu Mano 6 p.m.	30. Walk & Talk 9 a.m. Splash with Me 10 a.m. Board & Card Games 12:30 p.m. Open Swim 5-7 p.m.	31. Sunrise Yoga 8 a.m.