

August 2025



Monday

Tuesday

Wednesday

Thursday

Friday

<p>Events in Red require preregistration. Some programs have a fee. Please check with front desk staff</p>				<p>1</p> <p>PCOA ENHANCE FITNESS 8:30-9:30 am Mahjong 10-2 pm</p>
<p>PCOA Enhanced Fitness 4 8:30-9:30 am Chair Yoga 9-10 am NATIONAL WATERMELON DAY Have some delicious Watermelon treats with us today - MPR</p>	<p>5</p> <p>Chair Fitness 8-8:55 am Chair Fitness 9:05-10 am Mahjong 10-2 pm Craft with Staff 10:30 am</p> <p>Sign up for Meals for next week!</p>	<p>6</p> <p>PCOA EnhanceFitness 8:30-9:30 am Gardening Club 8 am Chair Volleyball 9-10 am Table Games 10:30-12 pm</p>	<p>7</p> <p> Chair Fitness 8-8:55 am Chair Fitness 9:05-10 am Card Games 10-2 pm Zentangle 10-11 am Craft Ladies 10:30-2 pm</p>	<p>8</p> <p>PCOA Enhanced Fitness 8:30-9:30 am Mahjong 10-2 pm Bingo (WITH LUNCH \$5) 10-11:30 am</p>
<p>11</p> <p>PCOA ENHANCE FITNESS 8:30-9:30 am Chair Yoga 9-10 am</p>	<p>12</p> <p>Chair Fitness 8-8:55 am Chair Fitness 9:05-10 am Mahjong 10-2 pm Painting with Carol 10:30 am</p> <p>Sign up for Meals for next week!</p>	<p>13</p> <p>PCOA EnhanceFitness 8:30-9:30 am Gardening Club 8 am Chair Volleyball 9-10 am Table Games 10:30-12 pm Doc Talk "Diabetes" 10 am</p>	<p>14</p> <p>Chair Fitness 8-8:55 am Chair Fitness 9:05-10 am Card Games 10-2 pm Craft Ladies 10:30-2 pm Zentangle 10-11 am Stirring the Pot 10:30 am</p>	<p>15</p> <p>PCOA Enhance Fitness 8:30-9:30 am Mahjong 10-2 pm</p>
<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>
<p>25</p> <p>PCOA Enhanced Fitness 8:30-9:30 am Chair Yoga 9-10 am</p>	<p>26</p> <p>Chair Fitness 8-8:55 am Chair Fitness 9:05 -10 am Mahjong 10-2 pm Bunco 1:00-2:30 pm</p> <p>Sign up for Meals for next week!</p>	<p>27</p> <p>PCOA ENHANCE FITNESS 8:30-9:30 am Gardening Club 8 am Chair Volleyball 9-10 am Table Games 10:30-12 pm</p>	<p>28</p> <p>Chair Fitness 8-8:55 am Chair Fitness 9:05-10 am Card Games 10-2 pm Zentangle 10-11 am Craft Ladies 10:30-2 pm</p>	<p>29</p> <p>PCOA Enhanced Fitness 8:30-9:30 am Mahjong 10-2 pm Bingo (NO LUNCH) 10-11:30 am</p>

Clements Recreation and Fitness Buildings Closed