

# Elder Care Calendar

## August

**21-**GO: Enhance Fitness\*, 1 pm

**22-** Caregiver Support Group, 10 am  
PWR! Moves, 11:15 am  
GO: Stretch & Tone\*, 1 pm  
GO: Bunco\*, 3 pm

**23 -**GO: Enhance Fitness\*, 1 pm

**24-** PWR! Moves, 11:15 am  
GO: Stretch & Tone\*, 1 pm  
Golden Hour, 5:30 pm

**25 -**GO: Enhance Fitness\*, 1 pm  
GO: Ballet trip to Tulsa\*, 4 pm

**28 -** GO: Enhance Fitness\*, 1 pm

**29-** Caregiver Support Group, 10 am  
GO: Stretch & Tone\*, 1 pm  
GO: Bunco\*, 3 pm

**30-** GO: Enhance Fitness\*, 1 pm

**31-** GO: Stretch & Tone\*, 1 pm  
GO: Ikebana Flower Arranging\*, 2 pm

## September

**1-** GO: Enhance Fitness\*, 1 pm

**4-** Elder Care closed for Labor Day

**5-** Caregiver Support Group, 10 am  
PWR! Moves, 11:15 am  
GO: Stretch & Tone\*, 1 pm  
GO: Bunco\*, 3 pm

**6-** GO: Enhance Fitness\*, 1 pm

**7-** PWR! Moves, 11:15 am  
GO: Stretch & Tone\*, 1 pm  
GO: Laughter Yoga\*, 2 pm

**8-** GO: Enhance Fitness\*, 1 pm

**11-** Open House Tour, 10 am  
GO: Enhance Fitness\*, 1 pm

\*Enrollment Fees Apply