


Naples Senior Center | August 2022

Mon	Tue	Wed	Thur	Fri
1 9:45 Total Fitness w/ Grace 10:00 Art by You – Watercolor & DIY 11:00 Chair Yoga DVD 12:00 Scientific Wonder of Birds (7/8) 1:00 Everglades Birding Presentation 3:00 Ball Room Dancing	2 9:45 Chair Exercise DVD 10:00 Needleworks 11:00 Advanced Tai Chi 12:00 Current Events Group <u>1:00 Artistic Expressions Zoom</u> 1:30 Beginner Spanish - Lesson 14 2:30 Writing for the Fun of It! 3:00 Music with Doug Williams	3 9:45 Chair Yoga 1:00 Movie: <i>Worth</i> 3:00 HUGS; Happy Ukulele Group *Tech Assistance Available by Appt.	4 9:45 Richard Simmons Workout 10:00 Guy Time 11:00 Beijing 24 (5/9) 12:15 Spanish II – Lesson 14 2:00 Origami Paper Craft 3:00 Line Dancing	5 9:45 Chair Exercise DVD 10:00 Acrylic Art w/ Robyn 11:00 Beijing 24 (5/9) 12:30-3:30 Cards & Games 1:00 Learn Mah Jongg
8 9:45 Total Fitness w/ Grace 10:00 Empty Bowls 11:00 Chair Yoga DVD 3:00 Ball Room Dancing	9 9:45 Chair Exercise DVD 10:00 Needleworks 11:00 Advanced Tai Chi 12:00 Current Events Group <u>1:00 Artistic Expressions Zoom</u> 1:30 Beginner Spanish - Lesson 15 2:30 Writing for the Fun of It! 3:00 Sing Along	10 9:45 Chair Yoga 1:00 Movie: <i>True Memoirs of an International Assassin</i> 3:00 HUGS; Happy Ukulele Group *Tech Assistance Available by Appt.	11 9:45 Richard Simmons Workout 10:00 Guy Time 11:00 Beijing 24 (6/9) 12:15 Spanish II – Lesson 15 1:00 VIP – Veterans in Paradise 2:00 Book Discussion 3:00 Line Dancing	12 9:45 Chair Exercise DVD 10:00 Scientific Secrets for a Powerful Memory 11:00 Beijing 24 (6/9) 12:30-3:30 Cards & Games
15 9:45 Total Fitness w/ Grace 10:00 Art by You – Watercolor & DIY 11:00 Chair Yoga DVD 12:00 Scientific Wonder of Birds (9/10) 1:00 Arts & Crafts w/ Kathy 3:00 Ball Room Dancing	16 9:45 Chair Exercise DVD 10:00 Needleworks 11:00 Advanced Tai Chi 12:00 Current Events Group <u>1:00 Artistic Expressions Zoom</u> 1:30 Beginner Spanish - Lesson 16 2:30 Writing for the Fun of It! 3:00 Sing Along	17 9:45 Chair Yoga 1:00 Movie: <i>Perfect Pairing</i> 3:00 HUGS; Happy Ukulele Group *Tech Assistance Available by Appt.	18 9:45 Richard Simmons Workout 10:00 Guy Time 11:00 Beijing 24 (7/9) 12:15 Spanish II – Lesson 16 1:00 To Catch a Scammer 3:00 Line Dancing	19 9:45 Chair Exercise DVD 10:00 Acrylic Art w/ Robyn 11:00 Beijing 24 (7/9) 12:30-3:30 Cards & Games 1:00 Learn Mah Jongg
22 9:45 Total Fitness w/ Grace 10:00 The Great Museum 11:00 Chair Yoga DVD 1:00 Creative Cards 3:00 Steve McGuire Book Presentation	23 9:45 Chair Exercise DVD 10:00 Needleworks 11:00 Advanced Tai Chi 12:00 Current Events Group <u>1:00 Artistic Expressions Zoom</u> 1:30 Beginner Spanish - Lesson 17 2:30 Writing for the Fun of It! 3:00 Sing Along	24 9:45 Chair Yoga 1:00 Movie: <i>Interceptor</i> 3:00 HUGS; Happy Ukulele Group *Tech Assistance Available by Appt.	25 9:45 Richard Simmons Workout 10:00 Guy Time 11:00 Beijing 24 (8/9) 12:15 Spanish II – Lesson 17 1:00 Author's Veterans Series: Jerry Sanford – It Started with A Helmet 3:00 Line Dancing	26 9:45 Chair Exercise DVD 10:00 Scientific Secrets for a Powerful Memory 11:00 Beijing 24 (8/9) 12:30-3:30 Cards & Games
29 9:45 Total Fitness w/ Grace 10:00 Art by You – Watercolor & DIY 11:00 Chair Yoga DVD 12:00 Scientific Wonder of Birds (11/12) 3:00 Ball Room Dancing	30 9:45 Chair Exercise DVD 10:00 Needleworks 11:00 Advanced Tai Chi 12:00 Current Events Group <u>1:00 Artistic Expressions Zoom</u> 1:30 Beginner Spanish – Lesson 18 2:30 Writing for the Fun of It! 3:00 Sing Along	31 9:45 Chair Yoga 1:00 Movie: <i>Good Sam</i> 3:00 HUGS; Happy Ukulele Group *Tech Assistance Available by Appt.	5025 Castello Drive Naples, FL 34103 239-325-4444 https://www.naplesseniorcenter.org/senior-center/	
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