

Plymouth Harbor August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		8:15a Aqua Fit 8:30a Tai Chi 9:30a Chair Massage 9:45a Body Moves 9:45a Watercolor Class 10:30a Line Dancing 4p Wellness Art Reception 7:30p Movie: Lost City of Z	8:30a Total Fitness 8:30a Aqua Fit 9:30a Chair Massage 10a Sit Fit 10:30a Chapel 2p Scrabble 2p Tap Dancing 4p TED Talk	8:15a Aqua Fit 8:30a Meditation 9a Tai Chi 9:45a Body Moves 10:30a Line Dancing 4p Bocce 4p Resident Meeting 5:15p Jim in the Cafe 7:45p MURT Trail Landscaping	8:30a Total Fitness 8:30a Aqua Therapy 10a Sit Fit 11a Chapel Talk 11a Better Balance NEW!	9:30a Sit Fit Plus 10a eTeam 11a Yoga
6	7	8	9	10	11	12
2p Movie: His Girl Friday 7p Movie: Me Before You	8:30a Total Fitness 8:30a Aqua Fit 10a Sit Fit 11a Muse Moments 2p Tap Dancing 2p Cafe Chat - Rene 7:30p Series: A Place to Call Home	8:15a Aqua Fit 8:30a Tai Chi 9:45a Body Moves 9:45a Watercolor Class 10a Eyeglass Adjustments 10:30a Line Dancing 11a Episcopal Eucharist 4:30p Mezzanine Art Reception 7:30p Movie: Life on the Line	8:30a Total Fitness 8:30a Aqua Fit 9:30a Chair Massage 10a Sit Fit 10:30a Chapel 2p Scrabble 2p Tap Dancing 3:30p 92nd Street Y 7:45p Golden Gates/Moscow Nights	8:15a Aqua Fit 8:30a Meditation 9a Tai Chi 9a Bus: FPL Solar Tour 9:45a Body Moves 10:30a Catholic Mass 10:30a Line Dancing 4p Bocce 6p Paul in the Cafe	8:30a Total Fitness 8:30a Aqua Therapy 10a Sit Fit 11a Chapel Talk 11a Better Balance NEW!	9:30a Sit Fit Plus 11a Yoga
13	14	15	16	17	18	19
2p Movie: True Grit 7p Movie: Miss Sloane	8:30a Total Fitness 8:30a Aqua Fit 10a Sit Fit 2p Tap Dancing 7:30p Series: A Place to Call Home	8:15a Aqua Fit 8:30a Tai Chi 9:30a Chair Massage 9:45a Body Moves 9:45a Watercolor Class 10:30a Line Dancing 11:30a Summer Book Discussion 3p Caregiver Support 7:30p Movie: Doubt	8:30a Total Fitness 8:30a Aqua Fit 9:30a Chair Massage 10a Sit Fit 10:30a Chapel 2p Scrabble 2p Tap Dancing	NO WELLNESS CLASSES TODAY 4p Bocce 5:15p Jim in the Cafe 7:45p John Wilson Orchestra	8:30a Total Fitness 8:30a Aqua Therapy 10a Sit Fit 11a Chapel Talk 11a Better Balance NEW!	9:30a Sit Fit Plus 11a Yoga 7p French Film
20	21	22	23	24	25	26
2p Movie: The Cowboys 7p Movie: The Last Word	8:30a Total Fitness 8:30a Aqua Fit 10a Sit Fit 2p Tap Dancing 7:30p Series: A Place to Call Home	8:15a Aqua Fit 8:30a Tai Chi 9:45a Body Moves 10:30a Line Dancing 7:30p Movie: Garden of the Finzi Continis	8:30a Total Fitness 8:30a Aqua Fit 9:30a Chair Massage 10a Sit Fit 10:30a Chapel 2p Scrabble 2p Tap Dancing 7:45p Gladius Flamenco Guitar	8:15a Aqua Fit 8:30a Meditation 9a Tai Chi 9:45a Body Moves 10:30a Catholic Mass 10:30a Line Dancing 4p Bocce 6p Paul in the Cafe	8:30a Total Fitness 8:30a Aqua Therapy 10a Sit Fit 10a Cafe Chat: Harry 11a Chapel Talk 11a Better Balance NEW!	9:30a Sit Fit Plus 11a Yoga
27	28	29	30	31		
2p Movie: The Guilt Trip 7p Movie: Gifted	8:30a Total Fitness 8:30a Aqua Fit 10a Sit Fit 2p Tap Dancing 7:30p Series: A Place to Call Home	8:15a Aqua Fit 8:30a Tai Chi 9:30a Chair Massage 9:45a Body Moves 10:30a Line Dancing 11:30a Ethical Conversations 7:30p Movie: The Jagged Edge	8:30a Total Fitness 8:30a Aqua Fit 10a Sit Fit 10:30a Chapel 2p Scrabble 2p Tap Dancing 3p Art & Artists 5p Bus: Prime Serious Steak	8:15a Aqua Fit 8:30a Meditation 9a Tai Chi 9:45a Body Moves 10:30a Line Dancing 4p Bocce 5:15p Jim in the Cafe 7:45p Bayfront 20:20		