

August 2016

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
1 9:30 TAI CHI	2 8:30 WALK	3 1 PM BINGO	4 10 CHAIR YOGA	5 8:30 WALK
8 9:30 TAI CHI 5PM SUNSET BY THE BAY	9 8:30 WALK	10	11 HUMINGBIRD SANCTUARY 10 CHAIR YOGA	12 8:30 WALK
15 9:30 TAI CHI	16 8:30 WALK 12:30 SILVER SNEAKERS	17 11AM SAGAMORE HILL	18 10 CHAIR YOGA	19 8:30 WALK
22 9:30 TAI CHI	23 8:30 WALK 12:30 SS	24 BNL CONCERT	25 10 CHAIR YOGA	26 8:30 WALK
29 9:30 TAI CHI	30 8:30 WALK 12:30 SS	31	Fall Mix & Mingle Thursday, Sept. 15	

Notes:	
BINGO	Held at Brookhaven Library
Baiting Hollow Humingbird Sanctuary	TBD
Sagamore Hill	Mansion Tour & Lunch at Mario's
Silver Sneakers (SS)	Resumes Tuesday, Aug. 16, bring H2O
Fall Mix & Mingle	12:30 lunch included @ Bellport Comm.Ctr.