

## August 2022

| SUN       | MONDAY                                 | TUESDAY                                  | WEDNESDAY  | THURSDAY  | FRIDAY                                     | SAT       |
|-----------|--|--|--|---|--|-----------|
|           | <b>1</b>                               | <b>2</b>                                 | <b>3</b><br>Walk With Ease<br>10-11:00 am<br><br>Lunch Bunch<br>Noon-1:00 pm   | <b>4</b><br>Caregiver Support<br>Group<br>10-11:30 am | <b>5</b><br>Walk With Ease<br>10-11:00 am  | <b>6</b>  |
| <b>7</b>  | <b>8</b>                               | <b>9</b>                                 | <b>10</b><br>Walk With Ease<br>10-11:00 am<br><br>“Sightseeing from<br>the Sofa”: A Trip<br>To Antarctica<br>7-8:00 pm | <b>11</b>   | <b>12</b><br>Walk With Ease<br>10-11:00 am | <b>13</b> |
| <b>14</b> | <b>15</b>                              | <b>16</b><br>Blood pressure<br>3-3:45 pm | <b>17</b><br>Walk With Ease<br>10-11:00 am<br><br>Lunch Bunch<br>Noon-1:00 pm  | <b>18</b>   | <b>19</b><br>Walk With Ease<br>10-11:00 am | <b>20</b> |
| <b>21</b> | <b>22</b><br>Chair yoga<br>10-11:00 am | <b>23</b>                                | <b>24</b><br>Walk With Ease<br>10-11:00 am   | <b>25</b>   | <b>26</b><br>Walk With Ease<br>10-11:00 am | <b>27</b> |
| <b>28</b> | <b>29</b><br>Chair yoga<br>10-11:00 am | <b>30</b>                                | <b>31</b><br>Walk With Ease<br>10-11:00 am<br><br>Lunch Bunch<br>Noon-1:00 pm  |   |  |           |

**ACTIVITY DETAILS:**

- **Blood pressure clinic:** 3-3:45 pm in the community room at Seal Hi-Rise (825 Seal St.)
- **Caregiver Support Group:** 10-11:30 am online; call office or e-mail [office@sapaseniors.org](mailto:office@sapaseniors.org) for Zoom link
- **Chair Yoga:** 10-11:00 am online; call office or e-mail [sc@sapaseniors.org](mailto:sc@sapaseniors.org) to see if space is available
- **Lunch Bunch:** Online gathering from noon-1:00 pm; call office or e-mail [sc@sapaseniors.org](mailto:sc@sapaseniors.org) for Zoom link
- **“Sightseeing from the Sofa” with Shaul Hanany:** 7 pm online; call office or e-mail [sc@sapaseniors.org](mailto:sc@sapaseniors.org) for Zoom link
- **Walk With Ease:** 10-11:00 am at Como Lake pavilion; call office or e-mail [sc@sapaseniors.org](mailto:sc@sapaseniors.org) to see if space is available

ALL CLASSES AND ACTIVITIES ARE OFFERED AT NO CHARGE. DONATIONS ARE ENCOURAGED, BUT NOT REQUIRED.