

Tampa Metropolitan Area



INTERBAY-GLOVER FAMILY BRANCH

**Active Older Adults and SilverSneakers® Program
August 2010 Calendar of Events and Activities**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
2 Golden Spin Class Mondays 10:30 am	3 Women's Bible Study Restarts on Sept. 10, 2010 Tuesdays—10:00--11:30 am	4	5	6	7 8
9 Try Aqua Fitness 11:00 am—Monday thru Friday	10 Senior Lunch and Pot luck Aerobic Room (12-1:30 pm) Please sign up at AOA board.	11 Golden Spin Class 10:15am Line Dancing 12:00 pm Wednesdays	12 Zumba Gold Thursdays—10:15 am	13	14 15
16 Thai Chi 12:00 pm—Mondays	17	18	19 Aqua Fitness at 5:30 pm Tuesdays & Thursdays	20 Do something good for others	21 ZUMBA 8:10 am Saturdays 22
23	24	25 Progress Check Day at the Coffee Bar Free Senior Fitness Evaluations 9– 11 am	26 Zumba at 8:00 am Thursdays	27	28 29
30	31 Alzheimer's Caregiver Support Group Meeting 12:00 -1:30 pm Last Tuesday of the month			AOA/SS New Member Orientation 11-12:30 pm	Please contact Jill Jeglum at 813-839-0210 for more information

The charity where you belong.