

## Tuesday, August 20, 2019

|                                                                                     |          |                                              |           |
|-------------------------------------------------------------------------------------|----------|----------------------------------------------|-----------|
|    | 9:00 am  | Exercise with Esteban                        | RC        |
|    | 9:50 am  | Smoothies with Sandra                        | Bay Place |
|    | 11:15 am | Wise Aging Book Group with Chaplain Meredith | Sol 17    |
|    | 1:15 pm  | Communion with Corpus Christi Church         | Sol 17    |
|   | 2:00 pm  | Widow & Widowers Support Group               | Sol 17    |
|  | 2:00 pm  | Brain Fitness with Teri                      | Vernon    |
|  | 3:30 pm  | Balanced & Strong with Esteban               | RC        |
|  | 4:45 pm  | Happy Hour<br>Drink of the Day: Gin & Tonic  | LG        |
|  | 7:15 pm  | SPT Sing-A-Long                              | Sol 17    |

### Upcoming Programs:

- |                                  |                          |
|----------------------------------|--------------------------|
| - Jewelry Services with Ruby     | Wed., Aug. 21, 3:00 pm   |
| - Documentary: Generation Wealth | Wed., Aug. 21, 7:15 pm   |
| - Music Committee Meeting        | Thur., Aug. 22, 10:00 am |
| - SPT Art Show                   | Thur., Aug. 22, 1:00 pm  |
| - Balanced & Strong with Esteban | Thur., Aug. 22, 3:30 pm  |
| - Ballet Barre with Carol        | Fri., Aug. 23, 9:00 am   |
| - Welcoming Shabbat              | Fri., Aug. 23, 4:15 pm   |