



# August 2024 / Activity Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>*Fitness Classes</b></p> <p><b>*Special Events</b></p> <p><b>*Playground</b></p>	<p><u>STF</u>: Strength Tone and Fitness</p> <p><u>MRC</u>: Missouri River Cloggers</p> <p><u>TBC</u>: Total Body Chair</p>	<p><u>OE</u>: Olive Explorers</p> <p><u>HT</u>: Happy Tappers</p>		1	<p>2 Strength, Tone, Fitness 9am-10am</p> <p>Happy Tappers 10:30am-11:30am</p>	<p>3 Gentle Yoga   9am-10am</p>
<p>4</p> <p>Core Yoga   9am-10am</p> <p>Shin-Gane Aikido 2:30pm-3:30pm</p>	<p>5</p> <p>Qi Gong   2pm-3pm</p> <p>Missouri River Cloggers 6pm-8pm</p>	<p>6 Strength, Tone, Fitness   9am-10am</p> <p>Watercolor Notecards 2pm-3pm   7pm-8pm</p> <p>Zig Zags   6pm-9pm</p>	<p>7 OE   9:30am-10:30am</p> <p>Hand Tied Bouquets 2-3:30pm   6-7:30pm</p> <p>Qi Gong   2pm-3pm</p> <p>MRC   6pm-8pm</p>	8	<p>9 Strength, Tone, Fitness 9am-10am</p> <p>Happy Tappers 10:30am-11:30am</p>	<p>10 Gentle Yoga   9am-10am</p>
<p>11</p> <p>Core Yoga   9am-10am</p> <p>Shin-Gane Aikido 2:30pm-3:30pm</p>	<p>12 Qi Gong   2pm-3pm</p> <p>Missouri River Cloggers 6pm-8pm</p> <p>Pickleball Tournament 6pm-8pm</p>	<p>3 Strength, Tone, Fitness   9am-10am</p> <p>Zig Zags 6pm-9pm</p> <p>Pickleball Tournament 6pm-8pm</p>	<p>14 OE   9:30-10:30am</p> <p>Qi Gong   2pm-3pm</p> <p>MRC   6pm-8pm</p> <p>Pickleball Tournament 6pm-8pm</p>	<p>15</p> <p>Sweet Reads   1-2:30pm</p> <p>Pickleball Tournament 6pm-8pm</p>	<p>16 STF   9am-10am</p> <p>HT   10:30am-11:30am</p> <p>TBC   1:30pm-2:30pm</p> <p>Pickleball Tourney   6-8pm</p> <p>Pickleball Mixer   7-9pm</p>	<p>17 Gentle Yoga   9am-10am</p>
<p>18</p> <p>Core Yoga   9am-10am</p> <p>Shin-Gane Aikido 2:30pm-3:30pm</p>	<p>19</p> <p>Qi Gong   2pm-3pm</p> <p>Missouri River Cloggers 6pm-8pm</p>	<p>20 Strength, Tone, Fitness   9am-10am</p> <p>Watercolor Notecards 2pm-3pm   7pm-8pm</p> <p>Zig Zags 6pm-9pm</p>	<p>21 OE   9:30-10:30am</p> <p>Seasonal Flower Arranging 2-4pm   6-8pm</p> <p>Qi Gong   2pm-3pm</p> <p>MRC   6pm-8pm</p>	22	<p>23 STF   9am-10am</p> <p>Happy Tappers 10:30am-11:30am</p> <p>Total Body Chair 1:30pm-2:30pm</p>	<p>24 Gentle Yoga   9am-10am</p>
<p>25</p> <p>Core Yoga   9am-10am</p> <p>Shin-Gane Aikido 2:30pm-3:30pm</p>	<p>26</p> <p>Qi Gong   2pm-3pm</p> <p>Missouri River Cloggers 6pm-8pm</p>	<p>27</p> <p>Strength, Tone, Fitness 9am-10am</p> <p>Zig Zags 6pm-9pm</p>	<p>28 Olive Explorers 9:30am-10:30am</p> <p>Qi Gong   2pm-3pm</p> <p>Missouri River Cloggers   6pm-8pm</p>	29	<p>30 STF   9am-10am</p> <p>Happy Tappers 10:30am-11:30am</p> <p>TBC   1:30pm-2:30pm</p> <p>Puzzlepalooza   6-8pm</p>	<p>31 Gentle Yoga   9am-10am</p>