



August Themes:

“All About Me”
&
“Worldwide Vacation Spots!”



Springfield

Boston:

Mondays:

- Reading with Kathy at 11:00! (No Class 23rd!)
- Social Lunch with Kathy at noon! (No Class 23rd!)

Tuesdays

- Exercise with Denise at 11:00! (No Class 3rd & 17th-please note there will be a make-up exercise on Monday, July 16th at 11:00!)
- Reading with Jessica at 1:00!
- Music with Leigh Ann at 1:15 on Aug. 10th & 24th!
- Art Class with Joyce @ 1:30 on Aug. 10th! (Second Tues. of each month.)

Wednesdays

- Reading with Steve at 11:00!
- Social Lunch with Anne at noon!
- Music Appreciation/Reading with Jessica at 1:00!

Thursdays

- Social Lunch with Elizabeth at noon!

Fridays

- Computer Class (For Staff) with Don at 8:00!
- Reading with Sanjay at 11:00!

Special Events:

Thurs., Aug. 19th– Pet Therapy with Greenspring at 9:45!

Fullerton:

Tuesdays

- Exercise with Denise at 9:45!(No Class 3rd & 17th-please note there will be a make-up exercise class on Monday, July 16th at 9:45!)

Special Events:

Wed., Aug. 4th -Come join Sue for social lunch at noon!

Thurs., Aug. 19th -Pet Therapy with Debby & Max at 1:30!

Chantilly

Mondays

- Art Class with Rita and Ronnie! (Art Class will not meet in the month of Aug. and will resume in Sept.!)

Tuesdays

- Reading with Jim at 1:30 in the conference room! (PSSG and Community Access)

Wednesdays

- Reading with Oney! PSSG-10:00 & CA-10:30!
- Horticulture with Irene at 11:15 on Aug. 4th & 25th
- Social Lunch with Lanie at noon!

Thursdays

- Yoga with Valerie at 10:00 on Aug. 5th & 19th!
- Reading with Carolyn at 1:30-CAG & 2:00-PSSG in the conference room! (Last day is Aug. 19th!)

Fridays

- Exercise with Stacy at 10:45! (No Class 6th!)

Special Events:

Thurs. Aug.12th -Clarinet Concert with Sofia at 10:00!

Thurs., Aug. 12th-Pet Therapy with Debby & PDQ at 2:00!

Wed., Aug. 18th– Social Lunch “Round Table” with Nalini at noon! (This event is scheduled for the third Wednesday of the month.)

