


# AUGUST 2010

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
1:00-4:00 Rummikub-Library Table 1:00-4:30 Pinochle, C & G	9:00-12:00 Mexican Train, C & G 10:00-12:00 Table Tennis-REC <b>10:00-3:00 Guitar Class A &amp; C</b> 1:00-4:00 Bunco-C & G 1:00-3:00 Dunes of Dare-Conf 2:00-4:00 Voc Rehab-Back OFC 3:00-5:00 Master Gardeners-Conf	<b>9:00-5:00 OBWC Craft Fair-MP</b> 1:00-4:00 Open Bridge, C&G 1:30-3:00 GEM Alhz Ck/Shuffl ,A &C 7:00-9:00 C G Auxiliary-C & G 8:00-9:00 Sandspurs- REC.	<b>9:00-5:00 OBWC Craft Fair-MP</b> 9:00-12:00 Master Gardeners-Conf 10:00-12:00 Singles, REC. 12:00- 4:30 Canasta, C&G 1:00- 4:30 Pinochle, Library Table	10:45-12:15 Learn to Play Bridge- A & C 12:30-4:30 Duplicate Bridge, C&G 1:00-4:00 Skip-Bo-A & C
9	10	11	12	13
9:00-10:15 Adv. Lo-impact Step Aer., MP. 10:30-11:45 Lo Impact Beg. Aer., MP. 1:00-2:30 OBSF -MP 1:00-4:00 Rummikub-Library Table 1:00-4:30 Pinochle, C & G	9:00-12:00 Mexican Train, C & G 10:00-12:00 Table Tennis-REC 10:15-11:15 Tai Chi-MP 1:00-2:00 YOGA- MP 1:00-4:00 Bunco-C & G 2:00-4:00 Voc Rehab-CONF 2:00-4:00 Tap/Dare2Danzers Class-MP	<b>8:00 Shopping Trip to Virginia</b> 9:00-10:15 Adv.-Lo Impact Step Aer., MP. 10:30-11:45 Lo-Impact Beg. Aer., MP 12:00-12:30 Chairrobics-MP 1:00-4:00 Open Bridge, C&G 7:00-9:00 DC/RC Flyers-Conf 8:00-9:00 Sandspurs-REC	<b>9:00-9:45 Seated Tai Chi-MP</b> 10:00-11:00 Beg Jazz Class- MP <b>10:00-3:00 Glass Beading Class A &amp; C</b> 10:00-12:00 Singles, REC. <b>11:30-12:30 Tai Chi -MP</b> 12:00- 4:30 Canasta, C&G 1:00- 4:30 Pinochle, Library Table	9:00-10:15 Adv. Lo-impact Step Aer., MP 10:00-3:00 Voc Rehab-Conf 10:30-11:45 Lo-Impact Beg. Aer., MP 10:30-12:00 GEM Bowling-REC 10:45-12:15 Learn to Play Bridge- A & C 12:00-4:00 GEM Luncheon-MP 12:30-4:30 Duplicate Bridge, C&G 1:00-4:00 Skip-Bo-A & C
16	17	18	19	20
9:00-10:15 Adv. Lo-impact Step Aer., MP. 10:30-11:45 Lo Impact Beg. Aer., MP. 1:00-4:00 Rummikub-Library Table 1:00-4:30 Pinochle, C & G 7:30-9:30 Dare Squares-MP	8:45-10:00 Wright Tappers MP 9:00-12:00 Mexican Train, C & G 10:00-12:00 Table Tennis-REC 10:15-11:15 Tai Chi-MP 1:00-4:00 Bunco-C & G 1:00-2:00 YOGA- MP 1:00-3:00 SHIIP-A & C 2:00-4:00 Voc Rehab-CONF 2:00-4:00 Tap/Dare2Danzers Class-MP	9:00-10:15 Adv.-Lo Impact Step Aer., MP. 10:00-11:00 Health Checks-Hallway 10:30-11:45 Lo-Impact Beg. Aer., MP 12:00-12:30 Chairrobics-MP 1:00-3:00 Bingo-MP 1:00-4:00 Open Bridge, C&G <b>6:00 Miss Broad Creek Cruise</b> 8:00-9:00 Sandspurs-REC.	<b>9:00-9:45 Seated Tai Chi-MP</b> 10:00-11:00 Beg Jazz Class- MP 10:00-12:00 Singles, - REC. <b>11:30-12:30 Tai Chi -MP</b> 12:00- 4:30 Canasta, C&G 1:00- 4:30 Pinochle, Library Table 2:00-3:30 GEM Caregivers-Conf 3:00-5:30 Master Gardeners-MP	9:00-10:15 Adv. Lo-impact Step Aer., MP 10:30-11:45 Lo-Impact Beg. Aer., MP 10:45-12:15 Learn to Play Bridge- A & C 12:30- 4:30 Duplicate Bridge, C&G 1:00-3:00 OB Book Club-Conf 1:00-4:00 Skip-Bo-A & C
23	24	25	26	27
9:00-10:15 Adv. Lo-impact Step Aer., MP. 10:00-1:00 Voc Rehab-A & C 10:30-11:45 Lo Impact Beg. Aer., MP. 1:00-3:00 Voc Rehab-CONF 1:00-4:00 Rummikub-Library Table 1:00-4:30 Pinochle, C & G <b>1:30-4:00 Movie-A &amp; C</b> 7:30-9:30 Dare Squares-MP	9:00-12:00 Mexican Train, C & G 10:00-12:00 Table Tennis-REC 10:15-11:15 Tai Chi-MP 1:00-4:00 Bunco-C & G 1:00-2:00 YOGA- MP 2:00-4:00 Voc Rehab-A & C 2:00-4:00 Tap/Dare2Danzers Class-MP	8:30-10:00 OBWC Meeting-Conf 9:00-10:15 Adv.-Lo Impact Step Aer., MP. 10:30-11:45 Lo-Impact Beg. Aer., MP 11:00-12:00 CCC Meeting-Conf <b>12:00-3:00 VA Hospital Reps-MP</b> 12:00-12:30 Chairrobics-REC 1:00-4:00 Open Bridge, C&G 7:00-9:00 C G Auxiliary-C & G 8:00-9:00 Sandspurs- REC	<b>9:00-9:45 Seated Tai Chi-MP</b> 10:00-11:00 Beg Jazz Class- MP 10:00-12:00 Singles, - REC. <b>11:30-12:30 Tai Chi -MP</b> 1:00- 4:30 Canasta, C&G 1:00- 4:30 Pinochle, Library Table	9:00-10:15 Adv. Lo-impact Step Aer., MP 10:30-11:45 Lo-Impact Beg. Aer., MP <b>1:00-3:00 Hawaiian Luau-MP</b> 10:45-12:15 Learn to Play Bridge- A & C 12:30- 4:30 Duplicate Bridge, C&G 1:00-4:00 Skip-Bo-A & C
30	31			
9:00-10:15 Adv. Lo-impact Step Aer., MP. 10:30-11:45 Lo Impact Beg. Aer., MP. 1:00-4:00 Rummikub-Library Table 1:00-4:30 Pinochle, C & G	8:45-10:00 Wright Tappers MP 9:00-12:00 Mexican Train, C & G <b>10:00-3:00 Fun with Music A &amp; C</b> 10:00-12:00 Table Tennis-REC 10:15-11:15 Tai Chi-MP 1:00-4:00 Bunco-C & G 1:00-2:00 YOGA- MP 2:00-4:00 Voc Rehab-A & C 2:00-4:00 Tap/Dare2Danzers Class-MP	<i>*DCOAS gives preference to providing services to older adults with the greatest economic or social need, and our outreach efforts will show particular attention to identifying low income, minority individuals who are eligible for assistance under the Older Americans Act.*</i>	<b>C&amp;G</b> = Card and Game Room <b>A&amp;C</b> = Arts and Crafts Room <b>REC.</b> = Recreation Room <b>CONF.</b> = Conference Room <b>MP</b> = Multi-Purpose Room <b>COMP RM</b> = Computer Room <b>SHIIP RM</b> = SHIIP Room <b>Back OFC</b> =Back Office	

## Linus Quilts

A quilting class will be starting on September 10, 2010, for six Fridays. The class will begin at 10:30 and finish around noon. Participants will make quilts to be given to Project Linus, an international, non-profit organization which provides quilts to children who are ill or facing crisis in their lives. The class will be led by Sally Meagher at 261-0276 along with other Linus Quilters. The quilters will learn the method of strip cutting with rotary cutter and machine stitching. (Please bring a cutter and mat, if you have one). Beginners are welcome and just need access to a sewing machine. A \$5 fee will cover fabric, batting and other supplies. Class size is limited to 10 people.

