



This Week's Zoom Schedule

**Monday
August 1**

10:00 AM Dance Fit with Rodger

11:00 AM Tai Chi with Darrel

**Tuesday
August 2**

10:00 AM Zumba Gold

**Wednesday
August 3**

10:00 AM Chair Zumba with Rodger

12:30 PM Monkeypox - What Is It?

**Thursday
August 4**

12:30 PM Line Dancing with Nancy

**Friday
August 5**

11:00 AM Drum Alive

12:30 PM Suzette James from Commonwealth Senior Living