



AUGUST 2010

Neptune Beach Senior Activity Center

2004 Forest Avenue - Neptune Beach, Florida 32266 - 904-270-1688

Website www.ci.neptune-beach.fl.us

| | | |
|------------------|---|--|
| MONDAY | 9:30AM-10:15AM 10AM-NOON 10:30AM-11:30AM 10AM-4PM 12:30PM-3:30PM 5:30PM-6:30PM 7PM-8:30PM | BEGINNING TAP IMPROVE YOUR BRIDGE INTERMEDIATE TAP OPEN PLAY CARDS-BRIDGE, CANASTA, PINOCLE, ETC. DUPLICATE BRIDGE GAME AEROBICS GENTLE YOGA |
| TUESDAY | 9AM-4PM 10AM-NOON 10AM-11AM 11AM-NOON 12:30PM-1:15PM 12:30PM-3:30PM 1PM-4PM 7PM-10PM | OPEN PLAY CARDS-BRIDGE, CANASTA, PINOCLE, ETC. ART/PAINTING WITH LINDA OLSEN (CALL FOR DATES) QIGONG TAI CHI FITNESS FOR SENIORS SILVER SNEAKERS BILLARDS/POOL BEADING/JEWELRY MAKING DUPLICATE BRIDGE |
| WEDNESDAY | 9AM-NOON 10AM-11AM 11:15AM-NOON 1PM-2:30PM 1PM-4PM 2PM-4PM 2PM-3PM 5:30PM-6:30PM 6:30PM-7:15PM 7:30PM-9PM 6:30PM-8:30PM | MAHJONG GENTLE YOGA SILVER SNEAKERS Wii OPEN PLAY CARDS -BRIDGE, CANASTA, PINOCLE, ETC. RUBBER STAMPING & CARD MAKING (8/10 & 8/31) PING PONG INSTRUCTION/PLAY AEROBICS BEGINNING TAP SASSY TAPPERS PILLOW PALS |
| THURSDAY | 9AM-10:30AM 9AM-4PM 10AM-11AM 10AM-11:30AM 11AM-NOON 12:30PM-1:15PM 1:30PM-4PM 7PM-10PM | TOPS-TAKING OFF POUNDS SENSIBLY OPEN PLAY CARDS -BRIDGE, CANASTA, PINOCLE, ETC. QIGONG TAI CHI BLOOD PRESSURE /GLUCOSE SCREENING (8/5) FITNESS FOR SENIORS SILVER SNEAKERS MATINEE MOVIE (8/5 & 8/12 ONLY) COASTAL QUILTERS (8/5) |
| FRIDAY | 9AM-3PM 9:30AM-10:15AM 10AM-4PM 11:15AM-NOON | QUILTING BEGINNING YOGA OPEN PLAY CARDS-BRIDGE, CANASTA, PINOCLE, ETC. SILVER SNEAKERS |
| SATURDAY | 8:30AM-4PM 9AM-2PM 3PM-7PM | BEACH BUMS (8/21) COASTAL QUILTERS CLASS (8/14) PING PONG |
| SUNDAY | 7PM-9PM | SUNDAY NIGHT DISCUSSION |

THURSDAY MOVIE MATINEE MADNESS AT 1:30PM

AUGUST 5 "Tortillia Soup" AUGUST 12 "THE IMAGINARIUM OF DR. PARNASSUS"

AUGUST 5 @10AM BLOOD PRESSURE & GLUCOSE FREE Screening!

AUGUST 7 & 8 AARP DRIVE ALIVE-CLASS HERE! CALL FOR REGISTRATION

August 10 @ 1:30pm The NBSAC Travel Club Presentation-IRELAND!

AUGUST 19 @1:30 PM ICE CREAM PARTY & SOCK HOP with DJ TOM -RESERVATIONS PLEASE

AUGUST 24 CLOSED ALL DAY FOR ELECTION DAY - VOTE!