

August 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am Cardio Class (KFC) 17 9am - Chair Exercise (KFC) - Water Aerobics (P) - Pickleball (P) 9am-2pm DAV / VA Walk-Ins (Sharon's Office) 9:45am Chair & Floor Yoga (KFC) 10am Water Aerobics (P) 10:30pm Women Veterans Community (GR) 11am Sit n Serve Volleyball (KFC)	7am-7pm Primary Elections (GB) 18 8am Cardio Class (KFC) 8:55am Chair Yoga (KFC) 9am Water Aerobics (P) 10am - Water Aerobics (P) - Chair Tai Chi (KFC) - Diamond Art (GR) 11am T.O.P.S. Weight Loss (KFC) 1pm - Balance Class (KFC) - Inner Wellness (GR) 2:30 Bingo (BR)	8am Cardio Class (KFC) 19 9am - Chair Exercise (KFC) - Water Aerobics (P) - Pickleball (P) 10am - Water Aerobics (P) - The Jam Lady (BR) - Healthy Living (GR) 1pm Zumba Gold (KFC) 2pm Creative Coloring (GR)	8am Cardio Class (KFC) 20 8:55am Chair Yoga (KFC) 9am Water Aerobics (P) 10am - Water Aerobics (P) - Chair Tai Chi (KFC) - Therapy Dogs (L) 11am Injury Prevention & Memory (KFC) 1pm - Balance Class (KFC) - Card Making with Raye (GR)*** 3pm Computer Help Club (GR) 6pm Bible Study (SR)	8am Cardio Class (KFC) 21 9am - Chair Exercise (KFC) - Water Aerobics (P) - Pickleball (P) - Tole Painting (GR)*** 10am Water Aerobics (P) 11am - Blood Pressure (L) - Grief Support (SR) 2-4pm Karaoke (BR) ***	22 8am / 12pm / 6pm Ch 1993 Featured Weekend Movie: Patton – PG – 1970 [War Epic, Biography]	23 7am / 12pm / 6pm
8am Cardio Class (KFC) 24 9am - Chair Exercise (KFC) - Water Aerobics (P) - Pickleball (P) 9:45am Chair & Floor Yoga (KFC) 10am - Water Aerobics (P) - Volunteer Info Mtg w/ HCA (GR) *** 11am Sit n Serve Volleyball (KFC) 1:30pm Tiny Treats (GR) *** \$	8am Cardio Class (KFC) 25 8:55am Chair Yoga (KFC) 9am Water Aerobics (P) 10am - Water Aerobics (P) - Chair Tai Chi (KFC) - Diamond Art (GR) 11am T.O.P.S. Weight Loss (KFC) 1pm - Balance Class (KFC) - Inner Wellness (GR) 2:30 Bingo (BR)	8am Cardio Class (KFC) 26 9am - Chair Exercise (KFC) - Water Aerobics (P) - Pickleball (P) 10am Water Aerobics (P) 1pm - Zumba Gold (KFC) - Crafters Corner (GR) 2pm Creative Coloring (GR) 2pm Ice Cream Social w/ Mobile Medical *** (BR)	8am Cardio Class (KFC) 27 8:55am Chair Yoga (KFC) 9am Water Aerobics (P) 10am - Water Aerobics (P) - Chair Tai Chi (KFC) 11am Injury Prevention & Memory (KFC) 1pm Balance Class (KFC) 1:30pm Bunco (GR) *** \$ 6pm Bible Study (SR)	8am Cardio Class (KFC) 28 9am - Chair Exercise (KFC) - Water Aerobics (P) - Pickleball (P) 9:30am Style Squad (BR) 10am Water Aerobics (P) 11am Book Club (GR) 3-5pm Gates of Olympus (BR) *** \$	29 8am / 12pm / 6pm Ch 1993 Featured Weekend Movie: Scary Movie – R – 2000 [Comedy, Parody]	30 7am / 12pm / 6pm
8am Cardio Class (KFC) 31 9am - Chair Exercise (KFC) - Water Aerobics (P) - Pickleball (P) 9:45am Chair & Floor Yoga (KFC) 10am Water Aerobics (P) 11am Sit n Serve Volleyball (KFC) 5pm OUTING Olive Garden \$***					L- Lobby LB- Library BR- Ballroom GR- Game Room GB- Gates Building	CP- Commons Parking Lot KFC- Kellogg Fitness Center P- Commons Pool *** - Required Sign Up \$- Cost Money

August 2026

Monday

Tuesday

Wednesday

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Saturday

Sunday

L- Lobby
LB- Library
BR- Ballroom
GR- Game Room
GB- Gates Building

CP- Commons Parking Lot
KFC- Kellogg Fitness Center
P- Commons Pool
*** - Required Sign Up
\$- Cost Money

8am Cardio Class (KFC) **3**
9am
• Chair Exercise (KFC)
• Water Aerobics (P)
• Pickleball (P)
9:45am Chair & Floor Yoga (KFC)
10am Water Aerobics (P)
11am -1pm
• Sign Up & Voting (L)
• Sit n Serve Volleyball (KFC)
1:30pm ATA Demonstration (BR)***

8am Cardio Class (KFC) **4**
8:55am Chair Yoga (KFC)
9am Water Aerobics (P)
10am
• Water Aerobics (P)
• Chair Tai Chi (KFC)
• Diamond Art (GR)
11am - 1pm
• T.O.P.S. Weight Loss (KFC)
• Sign Up & Voting (L)
1pm
• Balance Class (KFC)
• Inner Wellness (GR)
2:30 Bingo (BR)

8am Cardio Class (KFC) **5**
9am
• Chair Exercise (KFC)
• Water Aerobics (P)
• Pickleball (P)
10am Water Aerobics (P)
1pm Zumba Gold (KFC)
2pm Creative Coloring (GR)
3pm Passports: Italy (BR)***

8am Cardio Class (KFC) **6**
8:55am Chair Yoga (KFC)
9am Water Aerobics (P)
10am
• Water Aerobics (P)
• Chair Tai Chi (KFC)
11am Injury Prevention & Memory (KFC)
1pm Balance Class (KFC)
6pm Bible Study (SR)
6:15pm Meet the Candidates Night (BR) ***

8am Cardio Class (KFC) **7**
9am
• Chair Exercise (KFC)
• Water Aerobics (P)
• Pickleball (P)
9:30am Style Squad (BR)
10am Water Aerobics (P)
11am Blood Pressure (L)
2-4pm Happy Hour – Sock Hop Themed (BR)***

8am / 12pm / 6pm
Ch 1993 Featured Weekend Movie:
Fantastic 4 – PG-13 – 2005
[Action, Adventure, Sci-Fi]

7am / 12pm / 6pm
Ch 1993 Featured Weekend Movie:
Eagle Eye – PG-13 – 2008
[Action, Mystery, Thriller]

8am Cardio Class (KFC) **10**
9am
• Chair Exercise (KFC)
• Water Aerobics (P)
• Pickleball (P)
9:45am Chair & Floor Yoga (KFC)
10am
• Water Aerobics (P)
• Nutrition Class (BR)***
11am Sit n Serve Volleyball (KFC)

8am Cardio Class (KFC) **11**
8:55am Chair Yoga (KFC)
9am Water Aerobics (P)
10am
• Water Aerobics (P)
• Chair Tai Chi (KFC)
• Diamond Art (GR)
11am T.O.P.S. Weight Loss (KFC)
1pm
• Balance Class (KFC)
• Inner Wellness (GR)
2:30 Bingo (BR)

8am Cardio Class (KFC) **12**
9am
• Chair Exercise (KFC)
• Water Aerobics (P)
• Pickleball (P)
10am Water Aerobics (P)
1pm
• Zumba Gold (KFC)
• Crafters Corner (GR)
2pm Creative Coloring (GR)
3pm Eglin Bingo Bus ***

8am Cardio Class (KFC) **13**
8:55am Chair Yoga (KFC)
9am Water Aerobics (P)
10am
• Water Aerobics (P)
• Chair Tai Chi (KFC)
11am
• Injury Prevention & Memory (KFC)
• OUTING: Thai Smile \$ ***
1pm Balance Class (KFC)
6pm Bible Study (SR)

8am Cardio Class (KFC) **14**
9am
• Chair Exercise (KFC)
• Water Aerobics (P)
• Pickleball (P)
10am
• Water Aerobics (P)
• Coffee Talk (GR)
2pm Trivia – Through the Decades (BR)***

8am / 12pm / 6pm
Ch 1993 Featured Weekend Movie:
Over the Hedge – PG – 2006
[Adventure, Animation, Comedy]

7am / 12pm / 6pm
Ch 1993 Featured Weekend Movie:
Over the Hedge – PG – 2006
[Adventure, Animation, Comedy]