



AUGUST 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Please remember that all programs require registration. Register online by visiting our website!				
3 10:00 Men's Coffee and Conversation 10:00 American Mah Jongg Lessons ◇ 10:00 American Mahjong (Beginner) 11:00 Caregiver Support Group 1:00 Cribbage 1:00 Hand & Foot 6:00 Bingo OPEN TO THE PUBLIC – Doors open at 5	4 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◇ 10:00 Gentle Vinyasa Yoga with Leslie ◇ 10:00 Mindfulness with Nancy 1:00 Canasta 1:00 Open Game Day	5 9:00 Bridge Group 9:00 Strength & Balance with Serina ◇ 10:30 Chair Zumba ◇ 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	6 9:00 Cardio and Dance ◇ 10:00 Octets Bridge 10:00 Tai Chi ◇ 12:00 Irish Splendor Presentation 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukulele Group	7 9:00 Open House 9:00 Mat Pilates ◇ 10:00 Knitting Group 10:00 Cribbage (intermediate) Summer Hours Closing at 12pm
10 10:00 Men's Coffee and Conversation 10:00 American Mahjong (Beginner) 11:00 Caregiver Support Group 1:00 Cribbage 1:00 Hand & Foot 6:00 Bingo OPEN TO THE PUBLIC – Doors open at 5	11 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◇ 10:00 Gentle Vinyasa Yoga with Leslie ◇ 10:00 Mindfulness with Nancy 11:00 Shells of Kindness 1:00 Canasta 1:00 Open Game Day	12 9:00 Bridge Group 9:00 Strength & Balance with Serina ◇ 9:00 Maritime Museum & Cruise ◇ 10:30 Chair Zumba ◇ 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	13 9:00 Cardio and Dance ◇ 10:00 Octets Bridge 10:00 Tai Chi ◇ 11:00 Wise Women Wondering 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukulele Group	14 CLOSED FOR PROGRAMMING FOR ANNUAL PORCH SALE
17 10:00 Men's Coffee and Conversation 10:00 American Mahjong (Beginner) 11:00 Caregiver Support Group 1:00 Cribbage 1:00 Hand & Foot 6:00 Bingo OPEN TO THE PUBLIC – Doors open at 5	18 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◇ 10:00 Gentle Vinyasa Yoga with Leslie ◇ 10:00 Mindfulness with Nancy 12:00 SMAA Community Café ◇ 1:00 Canasta 1:00 Open Game Day	19 9:00 Bridge Group 9:00 Strength & Balance with Serina ◇ 10:30 Chair Zumba ◇ 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	20 9:00 Cardio and Dance ◇ 10:00 Octets Bridge 10:00 Tai Chi ◇ 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukulele Group 5:00 Bubbles, Bites, & Crafts ◇	21 9:00 Open House 9:00 Hike @ Tyler Brook Preserve ◇ 10:00 Knitting Group 10:00 Cribbage (intermediate) 10:00 Parkinson's Support 10:00 Camp Spaulding Summer Hours Closing at 12pm



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24 10:00 Men's Coffee and Conversation 10:00 American Mahjong (Beginner) 11:00 Caregiver Support Group 1:00 Cribbage 1:00 Hand & Foot 6:00 Bingo OPEN TO THE PUBLIC – Doors open at 5	25 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◇ 10:00 Gentle Vinyasa Yoga with Leslie ◇ 10:00 Mindfulness with Nancy 1:00 Canasta 1:00 Open Game Day	26 9:00 Bridge Group 9:00 Strength & Balance with Serina ◇ 10:30 Chair Zumba ◇ 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate) 1:00 Book Club	27 9:00 Cardio and Dance ◇ 10:00 Octets Bridge 10:00 Tai Chi ◇ 11:00 Social Club 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukulele Group	28 9:00 Open House 9:00 Mat Pilates ◇ 10:00 Knitting Group 10:00 Cribbage (intermediate) Summer Hours Closing at 12pm
31 10:00 Men's Coffee and Conversation 10:00 American Mahjong (Beginner) 11:00 Caregiver Support Group 11:00 Bridget's Lunch Bunch @ Pepper's ◇ 1:00 Cribbage 1:00 Hand & Foot 6:00 Bingo OPEN TO THE PUBLIC – Doors open at 5				

KEY

Highlighted Program = New & Noteworthy

◇ = Program Fee

Bold Program = Off-Site Program or Fundraiser