

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/2 10:00 Stay Well Exercise- Virtual 11:00 Taste of Memories- Dorot Virtual 11:00 Tech Help- Dorot/Virtual 1:00 Men's Group- Dorot/Virtual 1:00 Intergenerational Brain Games Dorot/Virtual	8/3 10:00 Tai Chi 10:00 Stay Well Exercise- Virtual 10:15 Functional Movement 10:30 Art Class- Dorot/Virtual 10:30 Game Show Live- Dorot/Virtual 1:00 Short Stories- Dorot/Virtual 1:00 Improv-on-it Dorot/ Virtual	8/4 10:00 Stay Well Exercise- Virtual 10:00 Drawing- Dorot/Virtual 10:00 Dor L'Dor- Dorot/Virtual 1:00 Women's Group- Dorot/Virtual 1:00 Social Issues- Dorot/Virtual 1:00 Bliss Fit- In Person/Virtual 1:30 Aqua Aerobics	8/5 10:00 Stay Well Exercise- In Person 10:30 Yiddish Group- Dorot/Virtual 10:30 Poetry Class- Dorot/Virtual 1:00 Chair Yoga- In Person/Virtual 1:00 Breaking Down Bias- Dorot/ Virtual 1:00 Radio Live- Dorot/Virtual	8/6 10:00 Stay Well Exercise- Virtual <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> All Classes/Programs are in person except where otherwise noted. </div>
8/9 10:00 Stay Well Exercise- Virtual 11:00 Taste of Memories- Dorot Virtual 11:00 Tech Help- Dorot/Virtual 1:00 Men's Group- Dorot/Virtual 1:00 Intergenerational Brain Games Dorot/Virtual	8/10 10:00 Tai Chi 10:00 Stay Well Exercise- Virtual 10:15 Functional Movement 10:30 Art Class- Dorot/Virtual 10:30 Game show Live- Dorot/Virtual 1:00 Short Stories- Dorot/Virtual 1:00 Improv-on-it Dorot/Virtual 1:30 Lecture & Slides	8/11 10:00 Stay Well Exercise- Virtual 10:00 Drawing- Dorot/Virtual 10:00 Dor L'Dor- Dorot/Virtual 1:00 Women's Group- Dorot/Virtual 1:00 Social Issues- Dorot/Virtual 1:00 Bliss Fit- In Person/Virtual 1:30 Aqua Aerobics 3:00 Lecture & Slides- Virtual	8/12 10:00 Stay Well Exercise- In Person 10:30 Yiddish Group- Dorot/Virtual 10:30 Poetry Class- Dorot/Virtual 1:00 Chair Yoga- In Person/Virtual 1:00 Breaking Down Bias- Dorot/ Virtual 1:00 Radio Live- Dorot/Virtual	8/13 10:00 Stay Well Exercise- Virtual 10:30 Concert 1:00 Fitness Class- Virtual
8/16 10:00 Stay Well Exercise- Virtual 11:00 Taste of Memories- Dorot Virtual 11:00 Tech Help- Dorot/Virtual 1:00 Men's Group- Dorot/Virtual 1:00 Intergenerational Brain Games Dorot/Virtual	8/17 10:00 Tai Chi 10:00 Stay Well Exercise- Virtual 10:15 Functional Movement 10:30 Art Class Dorot/Virtual 10:30 Game show Live- Dorot/Virtual 1:00 Short Stories- Dorot/Virtual 1:00 Improv-on-it- Dorot/Virtual 1:30 Art Talk & Slides	8/18 10:00 Stay Well Exercise- Virtual 10:00 Drawing- Dorot/Virtual 10:00 Dor L'Dor- Dorot/Virtual 1:00 Women's Group- Dorot/Virtual 1:00 Social Issues- Dorot/Virtual 1:00 Bliss Fit- In Person/Virtual 1:30 Aqua Aerobics	8/19 10:00 Stay Well Exercise- In Person 10:30 Yiddish Group- Dorot/Virtual 10:30 Poetry Class- Virtual-Dorot 1:00 Chair Yoga- In Person/Virtual 1:00 Breaking Down Bias- Dorot/ Virtual 1:00 Radio Live- Dorot/Virtual	8/20 10:00 Stay Well Exercise- Virtual 1:00 Concert
8/23 10:00 Stay Well Exercise- Virtual 1:00 Men's Group- Virtual	8/24 10:00 Tai Chi 10:00 Stay Well Exercise- Virtual 10:15 Functional Movement 1:00 Art Talk & Slides	8/25 10:00 Stay Well Exercise- Virtual 10:00 Writing Group 1:00 Bliss Fit- In Person/Virtual 1:30 Aqua Aerobics 2:30 Lecture- Virtual	8/26 10:00 Stay Well Exercise- In Person 1:00 Chair Yoga- In Person/Virtual	8/27 10:00 Stay Well Exercise- Virtual 1:00 Concert
8/30 10:00 Stay Well Exercise- Virtual 1:00 Men's Group- Virtual	8/31 10:00 Tai Chi 10:00 Stay Well Exercise- Virtual 10:15 Functional Movement 11:45 Rosh Hashana Luncheon 1:30 Concert	<h1>AUGUST 2021</h1>	 <p>New Beginnings Center for Contemporary Adults 60+</p>	<h2>LUNCH SERVED EVERYDAY</h2> <h3>AT 11:45 AM</h3>