








# August 2018



Stroke Center Hours: Monday-Friday, 8:30 a.m. - 4:30 p.m. Phone: (310) 952-1763

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	30 <b>Zumba Gold</b> 12:00-1:00 (Carson Dominguez)	31 Chair Volleyball 11:30-12:30 (Hall A)	1 <b>Zumba Gold</b> 12:00-1:00 (Hall A)	2 Volleyball (Hall A) 11:30-12:30 Mrs. O'Neal Memorial 7:00 - 9:00 p.m. Resurrection Church	3 <b>Yoga (Hall A)</b> 12:45-1:45 Mrs. O'Neal Repass 4:00-7:00 p.m. Carson Doubletree	4
5	6 <b>FUNDRAISER</b> Harrah's Casino 7:30 a.m.-6:00 p.m. Just \$20 per person. 	7 Chair Volleyball Caregiver Support 11:30-12:30 	8 <b>Zumba Gold</b> 12:00-1:00 Pool Day 1:30- 3:30	9 Chair Volleyball 11:30-12:30 Chair Exercise 12:30-1:30	10 <b>Open Gym</b>	11
12	13 <b>Zumba Gold</b> 12:00-1:00	14  Volunteer Mtg. 10:30 Volleyball/Caregivers 11:30-12:30	15 <b>Zumba Gold</b> 12:00-1:00 Pool Day 1:30- 3:30	16 Chair Volleyball 11:30-12:30 Chair Exercise 12:30-1:30	17 <b>Yoga with Reika</b> 12:45-1:45 	18
19	20 <b>Zumba Gold</b> 12:00-1:00	21 Chair Volleyball Caregiver Support 11:30-12:30	22 <b>Zumba Gold</b> 12:00-1:00 Pool Day 1:30- 3:30	23 Chair Volleyball 11:30-12:30 Chair Exercise 12:30-1:30	24 <b>Yoga with Reika</b> 12:45-1:45 	25
26	27 <b>Zumba Gold</b> 12:00-1:00	28 Chair Volleyball Caregiver Support 11:30-12:30	29 <b>Zumba Gold</b> 12:00-1:00 Pool Day 1:30- 3:30	30 Chair Volleyball 11:30-12:30 Chair Exercise 12:30-1:30	31 <b>Open Gym</b>	