

Senior Activity Calendar

August 2026

For help with resources, call Katie T. at 303-335-4919

For other senior questions, call Katie B. at 303-335-4914

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10 Meditation 10 Tai Chi 3-Saturdays 11 Soul Massage Available 11:30 Tai Chi 2-Saturdays
3 9 Massage with Erica 1:15 Bridge, All Levels 1:15 Chess Club 3 Tai Chi 1-Mondays 4 Introduction to Tai Chi	4 9 Massage with Erica 9 Beginner Bridge Class 9 Technology Help with Eric 1 American Mah Jongg Meet Up 1 Write Your Life Story 1:15 Tap Dancing	5 9 Massage with Erica 10 Panera Giveaway 11 Oldies Sing Along 12:45 Scrabble Meet up 1 Intermediate and Advanced Line Dancing 1:15 Open Game Day 3 Tai Chi 2-Wednesdays 4 Tai Chi 1-Wednesdays 5:15 Tai Chi 3-Wednesdays	6 8:30 Ukemi-The Art of Falling Safely 9 Massage with Erica 9 Loving Hands Craft Group 11:15 Zumba Gold Chair® 1 Fresh Conversations 1:15 Beginning Line Dancing 1:15 Samba Card Game 2:15 Improvers Line Dancing	7 9 Vitalant Blood Drive 9 Chair Massage 9 Beginner Bridge Class 10 Senior Art Club 10 Latte Friday 11 Singin' Seniors Choir 1 Massage with Erica 1:15 Bridge, Advanced-Intermediate Duplicate	8 10 Meditation 10 Tai Chi 3-Saturdays 11 Soul Massage available 11:30 Tai Chi 2-Saturdays

10 9 Massage with Erica 1:15 Bridge, All Levels 1:15 Chess Club 3 Tai Chi 1-Mondays 4 Introduction to Tai Chi	11 8:30 VNA Footcare 9 Beginner Bridge Class 9 Technology Help with Eric 1 American Mah Jongg Meet Up 1 Write Your Life Story 1:15 Tap Dancing	12 9 Massage with Erica 10 Panera Giveaway 11 Oldies Sing Along 12 Lunchtime Talk at Brooks Café: Eco-Cycle 12:45 Scrabble Meet up 12:45 Trip to Sweetheart Winery 1 Intermediate and Advanced Line Dancing 1 Bloomin Seniors Meeting 1 Boulder County Medicare Counseling 1:15 Open Game Day 3 Tai Chi 2-Wednesdays 4 Tai Chi 1-Wednesdays 5:15 Tai Chi 3-Wednesdays	13 8:30 Ukemi-The Art of Falling Safely 9 Massage with Erica 9 Loving Hands Craft Group 11:15 Zumba Gold Chair® 12 Birthday Lunch at Brooks Café-August Birthdays 1:15 Beginning Line Dancing 1:15 Samba Card Game 2:15 Improvers Line Dancing	14 9 Massage with Erica 9 Chair Massage 9 Beginner Bridge Class 10 Senior Art Club 10 Latte Friday 11 Singin' Seniors Choir 1:15 Bridge, Advanced-Intermediate Duplicate 6 Trip to Spamalot at The Buell Theatre	15 10 Meditation 10 Tai Chi 3-Saturdays 11 Soul Massage available 11:30 Tai Chi 2-Saturdays
17 Louisville Recreation & Senior Center Closed for Annual Maintenance Week Brooks Café Closed	18 Louisville Recreation & Senior Center Closed for Annual Maintenance Week Brooks Café Closed	19 Louisville Recreation & Senior Center Closed for Annual Maintenance Week Brooks Café Closed	20 Louisville Recreation & Senior Center Closed for Annual Maintenance Week Brooks Café Closed	21 Louisville Recreation & Senior Center Closed for Annual Maintenance Week Brooks Café Closed	22 & 23 Louisville Recreation & Senior Center Closed for Annual Maintenance Week

24 9 Massage with Erica 1:15 Bridge, All Levels 1:15 Chess Club 2:15 Trip to Dushanbe Tea House 3 Tai Chi 1-Mondays 4 Introduction to Tai Chi	25 8:30 VNA Footcare 9 Massage with Erica 9 Beginner Bridge Class 1 Senior Book Club: <u>Becoming Madame Secretary</u> by Stephanie Dray 1 American Mah Jongg Meet Up 1:15 Tap Dancing	26 9 Massage with Erica 10 Panera Giveaway 11 Oldies Sing Along 12:45 Scrabble Meet up 1 Intermediate and Advanced Line Dancing 1:15 Open Game Day 3 Tai Chi 2-Wednesdays 4 Tai Chi 1-Wednesdays 5:15 Tai Chi 3-Wednesdays	27 8:30 Ukemi-The Art of Falling Safely 9 Massage with Erica 9 Loving Hands Craft Group 11:15 Zumba Gold Chair® 1:15 Beginning Line Dancing 1:15 Samba Card Game 2 Restoring Hope & Healing for Those with Chronic Pain 2:15 Improvers Line Dancing	28 9 Massage with Erica 9 Chair Massage 9 Beginning Bridge Class 10 Senior Art Club 10 Latte Friday 11 Singin' Seniors Choir 1:15 Bridge, Advanced-Intermediate Duplicate	29 10 Meditation 10 Tai Chi 3-Saturdays 11 Soul Massage available 11:30 Tai Chi 2-Saturdays
31 9 Massage with Erica 1:15 Bridge, All Levels 1:15 Chess Club 3 Tai Chi 1-Mondays 4 Introduction to Tai Chi					