

Winter Haven Senior Adult Center

250 S. Lake Silver Dr. NW

Winter Haven, FL 33881

863/291-5870

**AUGUST 2021**




Jennifer Burke, Recreation Supervisor

Jackie Richardson, Recreation Leader

Mike Williams, Building Service Worker

Monday	Tuesday	Wednesday	Thursday	Friday
2 9am-12noon Open Social 9:30 am Exercise 12:30 pm Mixed Media Painting \$10 resident/ \$11 non-resident	3 9am-12noon Open Social 9 am Summer Shuffleboard 9:30 am Exercise	4 9am-12noon Open Social 9:30 am Exercise 10:45 am Bingo 10:30 am Chair Yoga 1:30 pm Easy Tai Chi	5 9am-12noon Open Social 9:30 am Exercise 1:30 pm Beginning Line Dance \$4 resident \$5 non-resident	6 9am-12noon Open Social 9:30 am Exercise 10:30 am Chair Yoga
9 9am-12noon Open Social 9:30 am Exercise 12:30 pm Mixed Media Painting \$10 resident/ \$11 non-resident	10 9am-12noon Open Social 9 am Summer Shuffleboard 9:30 am Exercise	11 9am-12noon Open Social 9:30 am Exercise 10:30 am Chair Yoga 1:30 pm Easy Tai Chi	12 9am-12noon Open Social 9 am Summer Shuffleboard 9:30 am Exercise 1:30 pm Beginning Line Dance \$4 resident \$5 non-resident	13 9am-12noon Open Social 9:30 am Exercise 10:30 am Chair Yoga
16 9am-12noon Open Social 9:30 am Exercise 12:30 pm Mixed Media Painting \$10 resident/ \$11 non-resident	17 9am-12noon Open Social 9 am Summer Shuffleboard 9:30 am Exercise	18 9am-12noon Open Social 9:30 am Exercise 10:45 am Bingo 10:30 am Chair Yoga 1:30 pm Easy Tai Chi	19 9am-12noon Open Social 9 am Summer Shuffleboard 9:30 am Exercise 1:30 pm Beginning Line Dance \$4 resident \$5 non-resident	20 9am-12noon Open Social 9:30 am Exercise 10:30 am Chair Yoga

****All programs are subject to change without notice**

<p style="text-align: right;">23</p> <p>9am-12noon Open Social 9:30 am Exercise 12:30 pm Mixed Media Painting \$10 resident/ \$11 non-resident</p>	<p style="text-align: right;">24</p> <p>9am-12noon Open Social 9 am Summer Shuffleboard 9:30 am Exercise</p>	<p style="text-align: right;">25</p> <p>9am-12noon Open Social 9:30 am Exercise 10:30 am Chair Yoga 1:30 pm Easy Tai Chi</p>	<p style="text-align: right;">26</p> <p>9am-12noon Open Social 9 am Summer Shuffleboard 9:30 am Exercise 1:30 pm Beginning Line Dance \$4 resident \$5 non-resident</p>	<p style="text-align: right;">27</p> <p>9am-12noon Open Social 9:30 am Exercise 10:30 am Chair Yoga</p>
<p style="text-align: right;">30</p> <p>9am-12noon Open Social 9:30 am Exercise 12:30 pm Mixed Media Painting \$10 resident/ \$11 non-resident</p>	<p style="text-align: right;">31</p> <p>9am-12noon Open Social 9 am Summer Shuffleboard 9:30 am Exercise 1:30 pm Health & Wellness Kidney Disease</p>	<p><u>DUE TO CORONAVIRUS HOURS OF OPERATION</u> Mon-Fri 9am – 12noon Open Social Time</p> <p>Only instructional Program open after 12noon</p>	<p style="text-align: center;">  FACE MASK Encourage </p>	<p style="text-align: center;">   </p>