



AUGUST



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
Book Club or Games
 9:45-11:00 @ VH
Exercise Class
 Balance/Fall Prevention
 11:00-12:00 @ VH
Carpinteria Night Out
 Wear your Senior Group T Shirt
 5:00-8:00 @ 800 block Linden

6

7
Bocce Ball Tournament
 12:00-2:00 @ GranVida

Mind Games
 2:00-3:00 @ Library

8
Book Club or Games
 9:45-11:00 @ VH
Exercise Class
 Balance/Fall Prevention
 11:00-12:00 @ VH

9
Senior Socials
 9:30-11:30 @ GranVida
 4-H Farm Animals Visit
Western Style BBQ
 11:00 @ GranVida
 Intro to Tai Chi & QiGong 2:00-3:30 @ VH

10
Book Club or Games
 9:45-11:00 @ VH
Exercise Class
 11:00-12:00 @ VH, Chair Yoga
Beach Bingo, 6:00-7:00 PM

11
Book Club
 2:00 @ Library
 Carp Reads Book Discussion
 "The Voyage of the Cormorant"

12

13

14
Senior Socials
 12:00-2:00 @ CAC
 Mindful Meditation @ 12:30

Mind Games
 2:00-3:00 @ Library

15
Book Club or Games
 9:45-11:00 @ VH
Exercise Class
 Balance/Fall Prevention
 11:00-12:00 @ VH
S.B. Bagpipers Sunset Concert
 6:30 PM @ Carpinteria Community Church

16
Senior Socials
 9:30-11:30 @ CAC
 Arts & Crafts @ 10:00
 Walking Group 10:30
Book Club
 6:00 PM @ Library

17
Book Club or Games
 9:45-11:00 @ VH
Exercise Class
 11:00-12:00 @ VH, Zumba Gold
Beach Bingo, 6:00-7:00 PM

18

19
Concert
South on Linden Band
 6:00-9:00 PM @ CAC
 Sponsored by Rotary Club of Carpinteria Morning

20
Book Club
 Author Talk
 Christian Beamish
 3:00 @ Library

21
Senior Socials
 12:00-2:00 @ CAC
 Bingo or Cards @ 12:30

Mind Games
 2:00-3:00 @ Library

22
Book Club or Games
 9:45-11:00 @ VH
Exercise Class
 Balance/Fall Prevention
 11:00-12:00 @ VH

23
Senior Socials
 9:30-11:30 @ CAC
 Arts & Crafts @ 10:00
 Walking Group 10:30

24
Puzzles & Games
 9:45-11:00 @ VH
Exercise Class
 11:00-12:00 @ VH, Chair Yoga
Beach Bingo, 6:00-7:00 PM

25

26

27

28
Senior Socials
 12:00-2:00 @ CAC
 Mindful Meditation @ 12:30

Mind Games
 2:00-3:00 @ Library

29
Book Club or Games
 9:45-11:00 @ VH
Exercise Class
 Balance/Fall Prevention
 11:00-12:00 @ VH
DANCE!! @ VH 7:30 - 9:30 PM

30
Senior Socials
 9:30-11:30 @ CAC
 Arts & Crafts @ 10:00
 Walking Group 10:30

LINE DANCING!!!
 3:00 - 4:00 @ VH

31
Puzzles & Games
 9:45 -11:00 @ VH
Exercise Class
 11:00-12:00 @ VH Chair Yoga
Beach Bingo, 6:00-7:00 PM



CAC = The Lynda Fairly Carpinteria Arts Center, 865 Linden Ave. GranVida, 5464 Carpinteria Ave. Library, 5141 Carpinteria Ave.

VH= Veteran's Hall/Memorial Building, 941 Walnut Ave. Senior Inc. meetings are held at the Carpinteria Community Church located at 1111 Vallecito Rd.

Book Club August 1 - 17, TTh at Vets Hall: The Voyage of the Cormorant (free copies at the library), 2 chapters per week. A new book is started on 8/29.