

**Hamlet Senior Center**

**August 2022**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
	08:00a Coffee Talk - Center Wide	08:00a Coffee Talk - Center Wide	08:00a Coffee Talk - Center Wide	08:00a Coffee Talk - Center Wide	08:00a Coffee Talk - Center Wide	09:30a Saturday Line Dancing - Multipurpose Room
	08:00a Drop In Activities - N/A	08:00a Drop In Activities - N/A	08:00a Drop In Activities - N/A	08:00a Drop In Activities - N/A	08:00a Drop In Activities - N/A	
	08:00a Exercise Equipment - Sunroom	08:00a Exercise Equipment - Sunroom	08:00a Exercise Equipment - Sunroom	08:00a Exercise Equipment - Sunroom	08:00a Exercise Equipment - Sunroom	
	08:00a New Participant Registration - N/A	08:00a New Participant Registration - N/A	08:00a New Participant Registration - N/A	08:00a New Participant Registration - N/A	08:00a New Participant Registration - N/A	
	08:00a Volunteer - N/A	08:00a Volunteer - N/A	08:00a Volunteer - N/A	08:00a Volunteer - N/A	08:00a Volunteer - N/A	
	09:00a Miracle Mile - Multipurpose Room	09:00a Fast & Fun Mile - Multipurpose Room	08:30a Walk On - Multipurpose Room	09:00a Walk 15 - Multipurpose Room	09:00a Walk Away the Pounds - Multipurpose Room	
	11:00a Hand Waxing - Reception Area	09:00a ZOOM FITNESS CLASS Tuesdays with Terry	09:30a Unilever Trip and Lunch - OFF SITE	02:00p Red Hat Meeting - Sunroom	10:00a Line Dancing - Multipurpose Room	
	03:00p Journey Line Dance - Multipurpose Room	10:00a Line Dancing - Multipurpose Room		03:00p Journey Line Dance - Multipurpose Room	11:00a Adventure Club Meeting - Sunroom	
		11:45a Sandhills Movie Trip - OFF SITE		05:00p Water Aerobics - OFF SITE		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2 12:15p Bingo w/ Joyce - Multipurpose Room  01:30p Chair Volleyball Practice - Multipurpose Room  03:00p Choir Practice - Sunroom  05:00p Water Aerobics - OFF SITE	3	4	5	6
7	8 08:00a Coffee Talk - Center Wide  08:00a Drop In Activities - N/A  08:00a Exercise Equipment - Sunroom  08:00a New Participant Registration - N/A  08:00a Volunteer - N/A  09:00a Miracle Mile - Multipurpose Room	9 08:00a Coffee Talk - Center Wide  08:00a Drop In Activities - N/A  08:00a Exercise Equipment - Sunroom  08:00a New Participant Registration - N/A  08:00a Volunteer - N/A  09:00a Fast & Fun Mile - Multipurpose Room	10 08:00a Coffee Talk - Center Wide  08:00a Drop In Activities - N/A  08:00a Exercise Equipment - Sunroom  08:00a New Participant Registration - N/A  08:00a Volunteer - N/A  08:30a Walk On - Multipurpose Room	11 08:00a Coffee Talk - Center Wide  08:00a Drop In Activities - N/A  08:00a Exercise Equipment - Sunroom  08:00a New Participant Registration - N/A  08:00a Volunteer - N/A  09:00a Walk 15 - Multipurpose Room	12 08:00a Coffee Talk - Center Wide  08:00a Drop In Activities - N/A  08:00a Exercise Equipment - Sunroom  08:00a New Participant Registration - N/A  08:00a Volunteer - N/A  08:30a Mystery Trip - OFF SITE	13 09:30a Saturday Line Dancing - Multipurpose Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13
	<p>11:00a Hand Waxing - Reception Area</p> <p>12:15p Humana Bingo - Multipurpose Room</p> <p>03:00p Journey Line Dance - Multipurpose Room</p>	<p>09:00a ZOOM FITNESS CLASS Tuesdays with Terry</p> <p>10:00a Line Dancing - Multipurpose Room</p> <p>12:30p Bingo w/ RCO Hospice - Multipurpose Room</p> <p>01:30p Chair Volleyball Practice - Multipurpose Room</p> <p>03:00p Choir Practice - Sunroom</p> <p>05:00p Water Aerobics - OFF SITE</p>	<p>12:00p Veteran Club Meeting - Multipurpose Room</p>	<p>03:00p Journey Line Dance - Multipurpose Room</p> <p>05:00p Water Aerobics - OFF SITE</p>	<p>09:00a Walk Away the Pounds - Multipurpose Room</p> <p>10:00a Line Dancing - Multipurpose Room</p>	
14	15	16	17	18	19	20
	<p>08:00a Coffee Talk - Center Wide</p> <p>08:00a Drop In Activities - N/A</p> <p>08:00a Exercise Equipment - Sunroom</p>	<p>08:00a Coffee Talk - Center Wide</p> <p>08:00a Drop In Activities - N/A</p> <p>08:00a Exercise Equipment - Sunroom</p>	<p>08:00a Coffee Talk - Center Wide</p> <p>08:00a Drop In Activities - N/A</p> <p>08:00a Exercise Equipment - Sunroom</p>	<p>08:00a Coffee Talk - Center Wide</p> <p>08:00a Drop In Activities - N/A</p> <p>08:00a Exercise Equipment - Sunroom</p>	<p>08:00a Coffee Talk - Center Wide</p> <p>08:00a Drop In Activities - N/A</p> <p>08:00a Exercise Equipment - Sunroom</p>	<p>09:30a Saturday Line Dancing - Multipurpose Room</p> <p>10:30a AARP Local Meeting - Sunroom</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20
	08:00a New Participant Registration - N/A	08:00a New Participant Registration - N/A	08:00a New Participant Registration - N/A	08:00a New Participant Registration - N/A	08:00a New Participant Registration - N/A	
	08:00a Volunteer - N/A	08:00a Volunteer - N/A	08:00a Volunteer - N/A	08:00a Volunteer - N/A	08:00a Volunteer - N/A	
	09:00a Miracle Mile - Multipurpose Room	09:00a Fast & Fun Mile - Multipurpose Room	09:00a Fellowship Prayer Breakfast - Multipurpose Room	09:00a Walk 15 - Multipurpose Room	09:00a Walk Away the Pounds - Multipurpose Room	
	11:00a Hand Waxing - Reception Area	09:00a ZOOM FITNESS CLASS Tuesdays with Terry	11:00a Lunch and Learn w/ Sheila Ray - Multipurpose Room	04:00p Journey Line Dance - Multipurpose Room	10:00a Line Dancing - Multipurpose Room	
	11:00a Lunch and Learn - Multipurpose Room	10:00a Line Dancing - Multipurpose Room	12:30p Dough Craft (Intergenerational) - Sunroom	05:00p Water Aerobics - OFF SITE		
	03:00p Journey Line Dance - Multipurpose Room	01:30p Chair Volleyball Practice - Multipurpose Room	01:30p Chair Volleyball Game at Ellerbe - OFF SITE			
		03:00p Choir Practice - Sunroom				
		05:00p Water Aerobics - OFF SITE				
21	22	23	24	25	26	27
	08:00a Coffee Talk - Center Wide	08:00a Coffee Talk - Center Wide	08:00a Coffee Talk - Center Wide	08:00a Coffee Talk - Center Wide	08:00a Coffee Talk - Center Wide	09:30a Saturday Line Dancing - Multipurpose Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
	08:00a Drop In Activities - N/A	08:00a Drop In Activities - N/A	08:00a Drop In Activities - N/A	08:00a Drop In Activities - N/A	08:00a Drop In Activities - N/A	
	08:00a Exercise Equipment - Sunroom	08:00a Exercise Equipment - Sunroom	08:00a Exercise Equipment - Sunroom	08:00a Exercise Equipment - Sunroom	08:00a Exercise Equipment - Sunroom	
	08:00a New Participant Registration - N/A	08:00a New Participant Registration - N/A	08:00a New Participant Registration - N/A	08:00a New Participant Registration - N/A	08:00a New Participant Registration - N/A	
	08:00a Volunteer - N/A	08:00a Volunteer - N/A	08:00a Volunteer - N/A	08:00a Volunteer - N/A	08:00a Volunteer - N/A	
	09:00a Miracle Mile - Multipurpose Room	09:00a Fast & Fun Mile - Multipurpose Room	08:30a Walk On - Multipurpose Room	09:00a Walk 15 - Multipurpose Room	09:00a Walk Away the Pounds - Multipurpose Room	
	11:00a Hand Waxing - Reception Area	09:00a ZOOM FITNESS CLASS Tuesdays with Terry	01:30p Chair Volleyball Game (Home) - Multipurpose Room	03:00p Choir Practice - Multipurpose Room	10:00a Line Dancing - Multipurpose Room	
	03:00p Journey Line Dance - Multipurpose Room	10:00a Line Dancing - Multipurpose Room		03:00p Journey Line Dance - Multipurpose Room	01:00p Aperitivo Hour - Sunroom	
		12:15p Bingo w/ Joyce - Multipurpose Room		05:00p Water Aerobics - OFF SITE		
		01:30p Chair Volleyball Practice - Multipurpose Room				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
		05:00p Water Aerobics - OFF SITE				
28	29	30	31			
	08:00a Coffee Talk - Center Wide	08:00a Coffee Talk - Center Wide	08:00a Coffee Talk - Center Wide			
	08:00a Drop In Activities - N/A	08:00a Drop In Activities - N/A	08:00a Drop In Activities - N/A			
	08:00a Exercise Equipment - Sunroom	08:00a Exercise Equipment - Sunroom	08:00a Exercise Equipment - Sunroom			
	08:00a New Participant Registration - N/A	08:00a NC Museum Trip - OFF SITE	08:00a New Participant Registration - N/A			
	08:00a Volunteer - N/A	08:00a New Participant Registration - N/A	08:00a Volunteer - N/A			
	09:00a Miracle Mile - Multipurpose Room	08:00a Volunteer - N/A	08:30a Walk On - Multipurpose Room			
	11:00a Hand Waxing - Reception Area	09:00a Fast & Fun Mile - Multipurpose Room	12:50p Bisque Quick - OFF SITE			
	03:00p Journey Line Dance - Multipurpose Room	09:00a ZOOM FITNESS CLASS Tuesdays with Terry				
		10:00a Line Dancing - Multipurpose Room				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30 01:30p Chair Volleyball Practice - Multipurpose Room  05:00p Water Aerobics - OFF SITE	31			