SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**AUGUST**

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

2. **Senior Socials**
   - 9:30-11:30 @ CAC
   - Arts & Crafts
     - 10:00 @ CAC
   - Walking Group 10:30
   - **LINE DANCING!!!**
     - 3:00-4:00 @ VH

3. **Nutrition Lesson**
   - by Leah Harding 9:45-11:00 @ VH
   - **Exercise Class**
     - 11:00-12:00 @ VH, Zumba Gold
   - **Internet Safety & AI Scams**
     - 1:00 @ Library
   - **Beach Bingo**, end of Linden
     - 6:00-7:00 PM

4. **Senior Inc Meeting**
   - 1:00 Bingo & Carpenteria Valley Radio
     - @ Carpenteria Community Church

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

6. **Bocce Ball Tournament**
   - 12:00-2:00 @ GranVida
   - **Mind Games**
     - 2:00-3:00 @ Library

7. **Senior Socials**
   - 12:00-2:00 @ CAC
   - Mindful Meditation @ 12:30
   - **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**
      - Balance/Fall Prevention
      - 11:00-12:00 @ VH

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

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

13. **Senior Socials**
    - 12:00-2:00 @ CAC
    - Mindful Meditation @ 12:30
    - **Mind Games**
      - 2:00-3:00 @ Library

14. **Senior Socials**
    - 12:00-2:00 @ CAC
    - Exercise Class
      - Balance/Fall Prevention
      - 11:00-12:00 @ VH

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

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

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

19. **Book Club**
    - 2:00 @ Library
    - Carp Reads Book Discussion
      - "The Voyage of the Cormorant"

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

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

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

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. **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

26. **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

27. **Senior Socials**
    - 12:00-2:00 @ CAC
    - **Mindful Meditation**
      - 12:30
    - **Mind Games**
      - 2:00-3:00 @ Library

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

**S.B. Bagpipers Sunset Concert**
- 6:30 PM @ Carpenteria Community Church

**Carpinteria Night Out**
- Wear your Senior Group T Shirt
- 5:00-8:00 @ 800 block Linden

**Line Dancing!!!**
- 3:00-4:00 @ VH

**Summer Senior Socials**

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

**VH= Veteran’s Hall/Memorial Building, 941 Walnut Ave.** Senior Inc. meetings are held at the Carpenteria 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.