

AUGUST 2022 – COA Programs

At the Stockbridge **Senior Center** and **Heaton Court**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Chair Yoga w/ Antoinette 10 am Heaton Court Yoga with Crystal 4-5 pm Senior Center	2 Blood Pressure Clinic Heaton Court 10:30 am	3	4 Meals on Wheels 11:30 AM Heaton Court Yoga with Crystal 4-5 pm	5	6
7	8 Chair Yoga w/ Antoinette 10 am Heaton Court Yoga with Crystal 4-5 pm Senior Center	9	10 Brown Bag 11:30 Heaton Court Gentle Yoga w/ Antoinette at 11 am Senior Center	11 Meals on Wheels 11:30 AM Heaton Court Yoga with Crystal 4-5 pm Senior Center	12	13
14	15 Chair Yoga w/ Antoinette 10 am Heaton Court Yoga with Crystal 4-5 pm Senior Center	16	17	18 Meals on Wheels 11:30 AM Heaton Court Yoga with Crystal 4-5 pm Senior Center	19	20
21	22 Chair Yoga w/ Antoinette 10 am Heaton Court Yoga with Crystal 4-5 pm Senior Center	23	24 Gentle Yoga w/ Antoinette at 11 am Senior Center	25 Meals on Wheels- and Sing Along with Jack at Heaton Court 11:30 AM Yoga with Crystal 4-5 pm Senior Center	26	27
28	29 Chair Yoga w/ Antoinette 10 am Heaton Court Yoga with Crystal 4-5 pm Senior Center	30	31			