



Passmore Center Activity Calendar

August 2019

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

				<p>8:00am - 8:00pm Volunteer Connect 55+ ¹</p> <p>9:30am - 11:30am Blood pressure check</p> <p>10:00am - 10:50am Gentle Joy of Yoga-August</p> <p>10:00am - 11:30am Hillsb. Garden Club</p> <p>10:00am - 1:00pm Creative Crafters</p> <p>10:00am - 11:15am Strong and Steady</p> <p>11:00am - 1:00pm Table Tennis</p> <p>1:00pm - 4:00pm Hand & Foot Card Game</p> <p>1:00pm - 5:00pm SHIIP</p> <p>1:30pm - 3:30pm Advanced Watercolor</p> <p>3:30pm - 4:30pm Laughter Yoga</p> <p>4:00pm - 5:30pm Fused Glass</p> <p>5:30pm - 7:30pm Beginning Watercolor</p> <p>6:00pm - 8:00pm Important Creativity Project</p> <p>6:00pm - 8:00pm Moving Forward Live AFG</p>	<p>8:00am - 11:00am Table Tennis ²</p> <p>8:00am - 8:00pm Volunteer Connect 55+</p> <p>10:00am - 1:00pm Open Artist Studio/Crochet a</p> <p>11:00am - 11:45am Silver Sneakers Strength Fri</p> <p>12:30pm - 4:00pm Contract Bridge</p> <p>12:30pm - 4:00pm Mah Jong</p> <p>1:00pm - 4:00pm Hand & Foot Card Game</p> <p>1:30pm - 3:30pm Acrylic Pour Tile Coasters</p> <p>2:00pm - 5:00pm Pickle Ball-Wed and Fri</p>	<p>8:00am - 8:00pm Volunteer Connect 55+ ³</p>
<p>8:00am - 8:00pm Volunteer Connect 55+ ⁴</p>	<p>8:00am - 8:00pm Volunteer Connect 55+ ⁵</p>	<p>8:00am - 8:00pm Volunteer Connect 55+ ⁶</p>	<p>8:00am - 8:00pm Volunteer Connect 55+ ⁷</p>	<p>8:00am - 8:00pm Volunteer Connect 55+ ⁸</p>	<p>8:00am - 11:00am Table Tennis ⁹</p>	<p>8:00am - 8:00pm Volunteer Connect 55+ ¹⁰</p>

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Passmore Center Activity Calendar

August 2019 (Continued)

Sunday **Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday**

<i>(Continued)</i>	<i>(Continued)</i>	<i>(Continued)</i>	<i>(Continued)</i>	<i>(Continued)</i>	<i>(Continued)</i>	<i>(Continued)</i>
4	5	6	7	8	9	10
	8:45am - 9:45am Pacesetter Class	9:00am - 10:00am Tap Dance-Beginners	8:45am - 9:45am Pacesetter Class	9:30am - 11:30am Blood pressure check	8:00am - 8:00pm Volunteer Connect 55+	
	10:00am - 11:30am Jolly 79ers Club	10:00am - 11:00am Tap Dance-Intermediate	9:00am - 11:00am Leatherworks	10:00am - 10:50am Gentle Joy of Yoga-August	9:00am - 4:00pm Physical Function Screen-Au	
	10:00am - 10:50am Gentle Joy of Yoga-August	10:00am - 1:00pm Passmore Piece Makers Quil	10:00am - 10:50am Aerobics	10:00am - 1:00pm Creative Crafters	10:00am - 1:00pm Open Artist Studio/Crochet a	
	10:00am - 10:50am Aerobics	10:00am - 11:15am Strong and Steady	10:30am - 12:00pm Nifty Knitters	10:00am - 11:15am Strong and Steady	11:00am - 11:45am Silver Sneakers Strength Fri	
	10:00am - 11:30am Project EngAGE	10:00am - 11:00am Inspirational Topics	11:00am - 11:45am Silver Sneakers-Mondays an	11:00am - 1:00pm Table Tennis	12:30pm - 4:00pm Contract Bridge	
	10:30am - 12:30pm American Sign Language II	11:00am - 12:30pm True Movement	11:15am - 12:00pm Salli's Seated Workout	1:00pm - 4:00pm Hand & Foot Card Game	12:30pm - 4:00pm Mah Jong	
	11:00am - 11:45am Silver Sneakers-Mondays an	12:30pm - 5:00pm Acupuncture	12:30pm - 2:30pm Beginning Pottery Wed Jul 1	1:00pm - 5:00pm SHIIP	1:00pm - 4:00pm Hand & Foot Card Game	
	12:00pm - 12:30pm Birthday Party-August	12:30pm - 4:00pm Mah Jong	12:30pm - 4:00pm Contract Bridge	1:00pm - 2:30pm Caregiver's Support	1:00pm - 2:00pm Drumming Class	
	12:30pm - 4:00pm Contract Bridge	1:00pm - 4:00pm Hand & Foot Card Game	1:00pm - 4:00pm Hand & Foot Card Game	1:30pm - 3:30pm Voter ID Law	2:00pm - 3:00pm Book Lovers Day	
	12:45pm - 1:45pm Americian Sign Language III	1:00pm - 2:30pm Line Dance-Tuesday	1:00pm - 4:00pm Wood Carving Club	1:30pm - 3:30pm Advanced Watercolor	2:00pm - 5:00pm Pickle Ball-Wed and Fri	
	1:00pm - 4:00pm Hand & Foot Card Game	2:00pm - 3:30pm Acrylic Painting	2:00pm - 4:00pm Important Creativity Project	3:30pm - 4:30pm Laughter Yoga		
	2:00pm - 2:45pm Line Dance Beginners	3:30pm - 5:00pm Project EngAGE-SALT	2:00pm - 5:00pm Pickle Ball-Wed and Fri	4:00pm - 5:30pm Fused Glass		
	2:00pm - 4:00pm American Sign Language I		3:00pm - 5:00pm Oil Painting Studio	5:00pm - 8:00pm Trivia Night		
	3:00pm - 4:30pm Line Dance-Mondays		4:00pm - 6:00pm Sew What Sewing Group	5:30pm - 7:30pm Beginning Watercolor		
	3:00pm - 5:00pm Moving Forward Live AFG			6:00pm - 8:00pm Moving Forward Live AFG		
	3:00pm - 5:00pm Oil Painting					
	4:00pm - 7:00pm SHIIP					

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Passmore Center Activity Calendar

August 2019 (Continued)

Sunday **Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday**

(Continued) 4	(Continued) 5 4:30pm - 5:30pm Tai Chi -Chen-August 4:30pm - 6:00pm Tarheel Depression Glass Cl 5:30pm - 8:00pm Dinner with David 5:30pm - 8:00pm Cooking and Dinner with Dav 6:00pm - 7:00pm Tai Chi Wu/Hao-August 6:00pm - 8:00pm Pottery Class-Evening Aug 5	(Continued) 6	(Continued) 7	(Continued) 8	(Continued) 9	(Continued) 10
11 8:00am - 8:00pm Volunteer Connect 55+	12 8:00am - 8:00pm Volunteer Connect 55+ 8:45am - 9:45am Pacesetter Class 10:00am - 10:50am Gentle Joy of Yoga-August 10:00am - 10:50am Aerobics 10:30am - 12:30pm American Sign Language II 11:00am - 11:45am Silver Sneakers-Mondays an 12:30pm - 4:00pm Contract Bridge 12:45pm - 1:45pm Americian Sign Language III 1:00pm - 4:00pm Hand & Foot Card Game 2:00pm - 2:45pm Line Dance Beginners	13 8:00am - 8:00pm Volunteer Connect 55+ 9:00am - 10:00am Tap Dance-Beginners 10:00am - 11:00am Tap Dance-Intermediate 10:00am - 1:00pm Passmore Piece Makers Quil 10:00am - 11:15am Strong and Steady 10:00am - 11:00am Inspirational Topics 11:00am - 12:30pm True Movement 12:30pm - 5:00pm Acupuncture 12:30pm - 4:00pm Mah Jong 1:00pm - 4:00pm Hand & Foot Card Game	14 8:00am - 8:00pm Volunteer Connect 55+ 8:45am - 9:45am Pacesetter Class 9:00am - 4:00pm Fit Feet-August 9:00am - 11:00am Leatherworks 10:00am - 10:50am Aerobics 10:30am - 12:00pm Nifty Knitters 11:00am - 11:45am Silver Sneakers-Mondays an 11:15am - 12:00pm Salli's Seated Workout 12:30pm - 2:30pm Beginning Pottery-Wed Aug 12:30pm - 4:00pm Contract Bridge	15 8:00am - 8:00pm Volunteer Connect 55+ 9:00am - 11:00am Staff Meeting 9:30am - 11:30am Blood pressure check 10:00am - 10:50am Gentle Joy of Yoga-August 10:00am - 1:00pm Creative Crafters 10:00am - 11:15am Strong and Steady 11:00am - 1:00pm Table Tennis 1:00pm - 4:00pm Hand & Foot Card Game 1:00pm - 2:00pm Stroke Support Group 1:00pm - 5:00pm SHIP	16 8:00am - 11:00am Table Tennis 8:00am - 8:00pm Volunteer Connect 55+ 9:00am - 4:00pm Physical Function Screen-Au 10:00am - 1:00pm Open Artist Studio/Crochet a 11:00am - 11:45am Silver Sneakers Strength Fri 12:30pm - 4:00pm Contract Bridge 12:30pm - 4:00pm Mah Jong 1:00pm - 4:00pm Hand & Foot Card Game 1:00pm - 2:00pm Drumming Class 2:00pm - 5:00pm Pickle Ball-Wed and Fri	17 8:00am - 8:00pm Volunteer Connect 55+

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Passmore Center Activity Calendar

August 2019 (Continued)

Sunday **Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday**

<p><i>(Continued)</i> 11</p>	<p><i>(Continued)</i> 12</p> <p>2:00pm - 4:00pm American Sign Language I</p> <p>3:00pm - 4:30pm Line Dance-Mondays</p> <p>3:00pm - 5:00pm Moving Forward Live AFG</p> <p>3:00pm - 5:00pm Oil Painting</p> <p>4:00pm - 7:00pm SHIP</p> <p>4:30pm - 5:30pm Tai Chi -Chen-August</p> <p>5:30pm - 8:00pm Dinner with David</p> <p>5:30pm - 8:00pm Cooking and Dinner with Dav</p> <p>6:00pm - 7:00pm Tai Chi Wu/Hao-August</p> <p>6:00pm - 8:00pm Pottery Class-Evening Aug 5</p>	<p><i>(Continued)</i> 13</p> <p>1:00pm - 2:30pm Line Dance-Tuesday</p> <p>2:00pm - 3:30pm Acrylic Painting</p> <p>6:00pm - 8:00pm Nimble Thimbles</p>	<p><i>(Continued)</i> 14</p> <p>1:00pm - 4:00pm Hand & Foot Card Game</p> <p>1:00pm - 4:00pm Wood Carving Club</p> <p>2:00pm - 5:00pm Pickle Ball-Wed and Fri</p> <p>3:00pm - 5:00pm Oil Painting Studio</p> <p>4:00pm - 6:00pm Sew What Sewing Group</p>	<p><i>(Continued)</i> 15</p> <p>1:30pm - 3:30pm Advanced Watercolor</p> <p>3:30pm - 4:30pm Laughter Yoga</p> <p>4:00pm - 5:30pm Fused Glass</p> <p>5:30pm - 7:30pm Beginning Watercolor</p> <p>5:30pm - 7:00pm Wild West Potluck</p> <p>6:00pm - 8:00pm Moving Forward Live AFG</p>	<p><i>(Continued)</i> 16</p> <p>2:30pm - 4:00pm Billiard Clinic for Women</p>	<p><i>(Continued)</i> 17</p>
<p>8:00am - 8:00pm Volunteer Connect 55+ 18</p>	<p>8:00am - 8:00pm Volunteer Connect 55+ 19</p> <p>8:45am - 9:45am Pacesetter Class</p> <p>9:30am - 11:30am Friends of Passmore</p> <p>10:00am - 10:50am Gentle Joy of Yoga-August</p> <p>10:00am - 10:50am Aerobics</p> <p>10:30am - 12:30pm American Sign Language II</p>	<p>8:00am - 8:00pm Volunteer Connect 55+ 20</p> <p>9:00am - 10:00am Tap Dance-Beginners</p> <p>10:00am - 11:00am Tap Dance-Intermediate</p> <p>10:00am - 1:00pm Passmore Piece Makers Quil</p> <p>10:00am - 11:15am Strong and Steady</p> <p>10:00am - 11:00am Inspirational Topics</p>	<p>8:00am - 8:00pm Volunteer Connect 55+ 21</p> <p>8:45am - 9:45am Pacesetter Class</p> <p>9:00am - 11:00am Leatherworks</p> <p>10:00am - 10:50am Aerobics</p> <p>10:30am - 12:00pm Nifty Knitters</p> <p>11:00am - 11:45am Silver Sneakers-Mondays an</p>	<p>8:00am - 8:00pm Volunteer Connect 55+ 22</p> <p>9:30am - 11:30am Blood pressure check</p> <p>10:00am - 10:50am Gentle Joy of Yoga-August</p> <p>10:00am - 1:00pm Creative Crafters</p> <p>10:00am - 11:15am Strong and Steady</p> <p>11:00am - 1:00pm Table Tennis</p>	<p>8:00am - 11:00am Table Tennis 23</p> <p>8:00am - 8:00pm Volunteer Connect 55+</p> <p>10:00am - 1:00pm Open Artist Studio/Crochet a</p> <p>10:30am - 11:30am Hawaiian Bingo</p> <p>11:00am - 11:45am Silver Sneakers Strength Fri</p> <p>12:30pm - 4:00pm Contract Bridge</p>	<p>8:00am - 8:00pm Volunteer Connect 55+ 24</p>

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Passmore Center Activity Calendar

August 2019 (Continued)

Sunday **Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday**

(Continued)	18	(Continued)	19	(Continued)	20	(Continued)	21	(Continued)	22	(Continued)	23	(Continued)	24
		11:00am - 11:45am Silver Sneakers-Mondays an		11:00am - 12:30pm True Movement		11:15am - 12:00pm Salli's Seated Workout		1:00pm - 4:00pm Hand & Foot Card Game		12:30pm - 4:00pm Mah Jong			
		12:30pm - 4:00pm Contract Bridge		11:30am - 12:00pm Pre-Lunch Challenge		12:00pm - 1:00pm What Happens After Payche		1:00pm - 5:00pm SHIIP		1:00pm - 4:00pm Hand & Foot Card Game			
		12:45pm - 1:45pm Americian Sign Language III		12:30pm - 5:00pm Acupuncture		12:30pm - 2:30pm Beginning Pottery-Wed Aug		1:00pm - 2:30pm Caregiver's Support		1:00pm - 2:00pm Drumming Class			
		1:00pm - 4:00pm Hand & Foot Card Game		12:30pm - 4:00pm Mah Jong		12:30pm - 4:00pm Contract Bridge		1:15pm - 4:00pm Flicks at Passmore		2:00pm - 5:00pm Pickle Ball-Wed and Fri			
		2:00pm - 2:45pm Line Dance Beginners		1:00pm - 4:00pm Hand & Foot Card Game		1:00pm - 4:00pm Hand & Foot Card Game		3:30pm - 4:30pm Laughter Yoga					
		2:00pm - 4:00pm American Sign Language I		1:00pm - 2:30pm Line Dance-Tuesday		1:00pm - 4:00pm Wood Carving Club		4:00pm - 5:30pm Fused Glass					
		3:00pm - 4:30pm Line Dance-Mondays		2:00pm - 3:30pm Acrylic Painting		2:00pm - 5:00pm Pickle Ball-Wed and Fri		5:00pm - 8:00pm Trivia Night					
		3:00pm - 5:00pm Moving Forward Live AFG		2:00pm - 3:00pm TED Talks-August		3:00pm - 5:00pm Oil Painting Studio		5:30pm - 7:30pm Beginning Watercolor					
		3:00pm - 5:00pm Oil Painting				4:00pm - 6:00pm Sew What Sewing Group		6:00pm - 8:00pm Moving Forward Live AFG					
		4:00pm - 7:00pm SHIIP											
		4:30pm - 5:30pm Tai Chi -Chen-August											
		5:00pm - 8:00pm NCCU Alumni Association											
		5:30pm - 8:00pm Dinner with David											
		5:30pm - 8:00pm Cooking and Dinner with Dav											
		5:30pm - 6:30pm Photography Walk											
		6:00pm - 7:00pm Tai Chi Wu/Hao-August											
		6:00pm - 8:00pm Pottery Class-Evening Aug 5											

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Passmore Center Activity Calendar

August 2019 (Continued)

Sunday **Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday**

25	26	27	28	29	30	31
8:00am - 8:00pm Volunteer Connect 55+	8:00am - 8:00pm Volunteer Connect 55+	8:00am - 8:00pm Volunteer Connect 55+	8:00am - 8:00pm Volunteer Connect 55+	8:00am - 8:00pm Volunteer Connect 55+	8:00am - 11:00am Table Tennis	8:00am - 8:00pm Volunteer Connect 55+
	8:45am - 9:45am Pacesetter Class	9:00am - 10:00am Tap Dance-Beginners	8:45am - 10:00am Healthy Carolinians	9:30am - 11:30am Blood pressure check	8:00am - 8:00pm Volunteer Connect 55+	
	10:00am - 10:50am Gentle Joy of Yoga-August	9:00am - 11:00am SEANC	8:45am - 9:45am Pacesetter Class	10:00am - 11:00am Legal Aid	10:00am - 1:00pm Open Artist Studio/Crochet a	
	10:00am - 10:50am Aerobics	10:00am - 11:00am Tap Dance-Intermediate	9:00am - 4:00pm Fit Feet-August	10:00am - 10:50am Gentle Joy of Yoga-August	11:00am - 11:45am Silver Sneakers Strength Fri	
	10:30am - 12:30pm American Sign Language II	10:00am - 1:00pm Passmore Piece Makers Quil	9:00am - 11:00am Leatherworks	10:00am - 1:00pm Creative Crafters	12:00pm - 1:30pm Dine and Dash-Aug	
	11:00am - 11:45am Silver Sneakers-Mondays an	10:00am - 11:15am Strong and Steady	10:00am - 10:50am Aerobics	10:00am - 11:15am Strong and Steady	12:30pm - 4:00pm Contract Bridge	
	12:30pm - 4:00pm Contract Bridge	10:00am - 11:00am Inspirational Topics	10:30am - 12:00pm Nifty Knitters	11:00am - 1:00pm Table Tennis	12:30pm - 4:00pm Mah Jong	
	12:45pm - 1:45pm Americian Sign Language III	11:00am - 12:30pm True Movement	10:30am - 11:30am Book Club	11:00am - 1:00pm Legal Aid	1:00pm - 4:00pm Hand & Foot Card Game	
	1:00pm - 4:00pm Hand & Foot Card Game	12:30pm - 5:00pm Acupuncture	11:00am - 11:45am Silver Sneakers-Mondays an	1:00pm - 4:00pm Hand & Foot Card Game	1:00pm - 2:00pm Drumming Class	
	2:00pm - 2:45pm Line Dance Beginners	12:30pm - 4:00pm Mah Jong	11:15am - 12:00pm Salli's Seated Workout	1:00pm - 5:00pm SHIIP	2:00pm - 3:00pm Finger Painting for Relaxatio	
	2:00pm - 4:00pm American Sign Language I	1:00pm - 4:00pm Hand & Foot Card Game	12:30pm - 2:30pm Beginning Pottery-Wed Aug	3:30pm - 4:30pm Laughter Yoga	2:00pm - 5:00pm Pickle Ball-Wed and Fri	
	3:00pm - 4:30pm Line Dance-Mondays	1:00pm - 2:30pm Line Dance-Tuesday	12:30pm - 4:00pm Contract Bridge	4:00pm - 5:30pm Fused Glass		
	3:00pm - 5:00pm Moving Forward Live AFG	2:00pm - 3:30pm Acrylic Painting	1:00pm - 4:00pm Hand & Foot Card Game	5:30pm - 7:30pm Beginning Watercolor		
	3:00pm - 5:00pm Oil Painting	6:00pm - 8:00pm Nimble Thimbles	1:00pm - 4:00pm Wood Carving Club	6:00pm - 8:00pm Moving Forward Live AFG		
	4:00pm - 7:00pm SHIIP		2:00pm - 5:00pm Pickle Ball-Wed and Fri			
	4:30pm - 5:30pm Tai Chi -Chen-August		3:00pm - 5:00pm Oil Painting Studio			
	5:30pm - 8:00pm Dinner with David		4:00pm - 6:00pm Sew What Sewing Group			

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Passmore Center Activity Calendar

August 2019 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(Continued) 25	(Continued) 26 5:30pm - 8:00pm Cooking and Dinner with Dav 6:00pm - 7:00pm Tai Chi Wu/Hao-August 6:00pm - 8:00pm Pottery Class-Evening Aug 5	(Continued) 27	(Continued) 28	(Continued) 29	(Continued) 30	(Continued) 31

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