

**OC Drop-In Program Times**

**Mondays:** 12:30 - 3:00 & 5:30 - 6:30  
**Tuesdays:** 11:00 - 11:45  
**Wednesdays:** 10:30 - 11:30 & 12:30 - 3:00  
**Thursdays:** **No OC on Thursdays**  
**Fridays:** 12:30 - 2:00

**Are You  
 Doing Daily  
 Balance Training?**

**Specialty classes**

Yoga, Tai Chi and Aerobics  
**Mondays:** Osteo- **Aerobics** 1:30 – 2:00  
**Tuesdays:** Osteo-**Yoga** 11:45 -12:30  
**Thursdays:** Osteo- **Tai Chi** 2:00 – 2:40  
**Notice any cancellations below**

# AUGUST 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <b>Tai Chi 2:00 – 2:40</b>	2	3
4	5 <b>August Civic Holiday clinic closed</b>	6 <b>Yoga 11:45 – 12:30</b>	7	8 <b>Tai Chi 2:00 – 2:40</b>	9	10
11	12 <b>Aerobics 1:30 – 2:00</b>	13 <b>Yoga 11:45 – 12:30</b>	14	15 <b>Tai Chi 2:00 – 2:40</b>	16	17
18	19 <b>Aerobics 1:30 – 2:00</b>	20 <b>Yoga 11:45 – 12:30</b>	21	22 <b>Tai Chi 2:00 – 2:40</b>	23	24
25	26 <b>Aerobics 1:00 - 1:30</b>	27 <b>No Yoga today</b>	28	29 <b>No Tai Chi Today</b>	30	31