

August 2021

* Entries in **BOLD** are Community Meetings unless otherwise noted*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 GR Private Event	2 9:00 AM Yoga 10:45 AM Chair Yoga 6:00 PM Greens 1 BOD MTG 6:30 PM Line Dance	3 9:00 AM Exercise	4 9:00 AM Yoga 10:00 AM Line Dance 10:45 AM Chair Yoga 5:30 PM Yoga with Crystal	5 9:00 AM Exercise 5:30 PM Deep Water Aerobics	6 9:00 AM Yoga 10:45 AM Chair Yoga	7 7:00 PM Early Social PAV Private Event 
8 PAV Private Event	9 9:00 AM Yoga 10:45 AM Chair Yoga 6:30 PM Line Dance ACC MTG	10 9:00 AM Exercise	11 9:00 AM Yoga 10:00 AM Line Dance 10:45 AM Chair Yoga 5:30 PM Yoga with Crystal	12 9:00 AM Exercise 5:30 PM Deep Water Aerobics 6:00 PM Service Corp BD MTG	13 9:00 AM Yoga 10:45 AM Chair Yoga	14 MH & K Private Event
15 GR Private Event	16 9:00 AM Yoga 10:45 AM Chair Yoga 6:30 PM Line Dance	17 9:00 AM Exercise	18 9:00 AM Yoga 10:00 AM Line Dance 10:45 AM Chair Yoga 5:30 PM Yoga with Crystal	19 9:00 AM Exercise 5:30 PM Deep Water Aerobics	20 9:00 AM Yoga 10:45 AM Chair Yoga	21
22 6:00 PM Main Social 	23 9:00 AM Yoga 10:45 AM Chair Yoga 6:30 PM Line Dance	24 9:00 AM Exercise	25 9:00 AM Yoga 10:00 AM Line Dance 10:45 AM Chair Yoga 5:30 PM Yoga with Crystal	26 9:00 AM Exercise 5:30 PM Deep Water Aerobics	27 9:00 AM Yoga 10:45 AM Chair Yoga	28
29	30 9:00 AM Yoga 10:45 AM Chair Yoga 6:30 PM Line Dance	31 9:00 AM Exercise				

AUGUST DANCES

RSVP required: Call 904-794-2000 or at www.staugshores.org/dance-rsvp.

***BYOB* Guests: \$15.00/pp** Dance Club Members FREE – **Open seating**



EARLY SOCIAL

ZigZag Duo

Saturday, August 7th

7:00 pm to 10:00 pm



MAIN SOCIAL

Nostalgia

Sunday, August 22nd

6:00 pm to 9:00 pm

GUESTS \$5/pp/class



Chair Yoga

Class led by Nancy, **Monday, Wednesday & Friday at 10:45 am.**

A gentler form of yoga for those whom balance is an issue.

Yoga

Class led by Nancy, **Monday, Wednesday & Friday at 9:00 am.**

Class is geared to all levels. Bring a non-skid mat & wear comfortable clothing.

Evening Yoga

Class led by Annamarie & Crystal, **Wednesday at 5:30 pm.**

Exercise Class

Led by Marcia **Tuesday and Thursday at 9:00 am.**

Line Dancing

Class led by Jinny, **Monday at 6:30 pm and Wednesday at 10:00 am**

Zumba

Indoor classes are cancelled until further notice.

Deep Water Aerobics

Thursday at 5:30 pm. Class led by Annamarie you will need an aqua jogger belt or foam pool noodles to stay afloat.

Bridge, Chicago Bridge, Card Game & Mah-Jongg will resume in **September.**

Upcoming Events at the Riverview Club



Early Social

Debbie Owen and Tony T.

Friday, September 10th

7 pm to 10 pm



Main Social

Southern Style

Saturday, September 25th

7 pm to 10 pm