

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

August 2026

NORTH HUNTINGDON VILLAS

						1 Cardio Drumming w/Carol 9:30 am
2 Chair Yoga 6:00 pm (YouTube videos)	3 Exercise 8:30/9:00 am Parkinson's Caregivers 1:30 pm	4 Cardio Drumming w/Carol 9:30 am Old Fogey Fun 1:00 pm Giant Eagle 9:30 am Shop & Save 10:30 am Banks 11:30 am	5 Exercise 8:30/9:00 am Alzheimer's Support Group (top of hill) 3:00 pm	6 Private 10:00 am Great Courses 1:00 pm	7 Exercise 8:30/9:00 am COO Chat 10:00 am Outing to Sarris & Spring House for those w/reservations 11:00 am	8 Cardio Drumming w/Carol 9:30 am
9 Chair Yoga 6:00 pm (YouTube videos)	10 Exercise 8:30/9:00 am Men's Lunch 12:00 pm Westmoreland Mall 1:00 pm	11 Cardio Drumming w/Carol 9:30 am Old Fogey Fun 1:00 pm Giant Eagle 9:30 am Shop & Save 10:30 am Banks 11:30 am	12 Exercise 8:30/9:00 am	13 Savvy Seniors 11:00 am Great Courses 1:00 pm Wine & Dine 4:00 pm	14 Exercise 8:30/9:00 am Book Club 1:00 pm Dairy Queen 6:00 pm	15 Cardio Drumming w/Carol 9:30 am
16 Chair Yoga 6:00 pm (YouTube videos)	17 Exercise 8:30/9:00 am Private 11:00 am Wellness Clinic 1:30-2:00 pm Kohl's/Audi 1:00 pm	18 Cardio Drumming w/Carol 9:30 am Old Fogey Fun 1:00 pm Giant Eagle 9:30 am Shop & Save 10:30 am Banks 11:30 am	19 Exercise 8:30/9:00 am Ladies Social 12:00 pm Wellness Fair 1:00-3:00 pm	20 Great Courses 1:00 pm Mind, Body, Wellness 1:00 pm	21 Exercise 8:30/9:00 am Donuts 9:30 am Denunzio's (Monroeville) 3:45 pm	22 Cardio Drumming w/Carol 9:30 am
23 Chair Yoga 6:00 pm (YouTube videos)	24 Exercise 8:30/9:00 am Parkinson's Support Group 1:30 pm Ice Cream Social 5:30 pm Wlamart/Target 1:00 pm	25 Cardio Drumming w/Carol 9:30 am Old Fogey Fun 1:00 pm Giant Eagle 9:30 am Shop & Save 10:30 am Banks 11:30 am	26 Exercise 8:30/9:00 am	27 Great Courses 1:00 pm	28 Exercise 8:30/9:00 am Fortune Star 11:45 am	29 Cardio Drumming w/Carol 9:30 am
30 Chair Yoga 6:00 pm (YouTube videos)	31 Exercise 8:30/9:00 am					