



Clermont Arts & Recreation Center
3700 Highway 27,
Clermont FL 34711
Senior 55+ Program



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
Phone: 352-394-3500 Email: sramdass@clermontfl.org Green - RSVP Required to attend. Red - Free Programs. Blue - Paid Programs. Registration Required.				Tai Chi 10—11 AM Zumba Gold 11 AM—12 PM Bingo 1 PM—4 PM	Shuffle Board 9—11 AM Stitch and Chat 10:30 AM—12 PM Bingo 1 PM—4 PM	
Bus Trip to Sea Life Orlando & Madame Tussauds Museum August 20, 2019		Senior Expo & Health Fair Sept. 28, 2019 9 AM – 1 PM Car Fit 9 AM – 12 pm				
4	5	6	7	8	9	10
	Quilting 8 AM – 12 PM Cards 1 – 4 PM Bingo 1 – 4 PM Chair Yoga 4:30 – 5:30 PM	Shuffle Board 9—11 AM & 7 PM—9 PM Tai Chi 10—11 AM Zumba Gold 11 AM—12 PM Bingo 1 PM—4 PM Alzheimer's Support Group 4 PM—5 PM	Craft 10 AM – 12 PM Bingo 1 PM—4 PM Chair Yoga 4:30—5:30 PM	Tai Chi 10—11 AM Zumba Gold 11 AM—12 PM Bingo 1 PM—4 PM	Shuffle Board 9—11 AM Stitch and Chat 10:30 AM—12 PM Bingo 1 PM—4 PM	Golf 10 AM – 11 AM
11	12	13	14	15	16	17
	Quilting 8 AM – 12 PM Cards 1 – 4 PM Bingo 1 – 4 PM Chair Yoga 4:30 – 5:30 PM	Shuffle Board 9—11 AM & 7 PM—9 PM Tai Chi 10—11 AM *Smart Phone* 11 AM – 12 PM Zumba Gold 11 AM—12 PM Bingo 1 PM—4 PM	Craft 10 AM – 12 PM Bingo 1 PM—4 PM Chair Yoga 4:30—5:30 PM	Tai Chi 10—11 AM Zumba Gold 11 AM—12 PM Bingo 1 PM—4 PM	Shuffle Board 9—11 AM Stitch and Chat 10:30 AM—12 PM Bingo 1 PM—4 PM	Golf 10 AM – 11 AM
18	19	20	21	22	23	24
	Quilting 8 AM – 12 PM Cards 1 – 4 PM Bingo 1 – 4 PM Chair Yoga 4:30 – 5:30 PM	Shuffle Board 9—11 AM & 7 PM—9 PM Bus Trip 9:30 AM – 4 PM Tai Chi 10—11 AM Zumba Gold 11 AM—12 PM Bingo 1 PM—4 PM Alzheimer's Support Group 4 PM—5 PM	Craft 10 AM – 12 PM Bingo 1 PM—4 PM Chair Yoga 4:30—5:30 PM	Tai Chi 10—11 AM Zumba Gold 11 AM—12 PM Bingo 1 PM—4 PM	Shuffle Board 9—11 AM Stitch and Chat 10:30 AM—12 PM Bingo 1 PM—4 PM	
25	26	27	28	29	30	31
	Quilting 8 AM – 12 PM Cards 1 – 4 PM Bingo 1 – 4 PM Chair Yoga 4:30 – 5:30 PM	Shuffle Board 9—11 AM & 7 PM—9 PM Tai Chi 10—11 AM Zumba Gold 11 AM—12 PM Bingo 1 PM—4 PM	Craft 10 AM – 12 PM Lunch & Learn 11:30—1 PM Balance & Fall Prevention Bingo 1 PM—4 PM Chair Yoga 4:30—5:30 PM	Tai Chi 10—11 AM Zumba Gold 11 AM—12 PM Bingo 1 PM—4 PM	Shuffle Board 9—11 AM Stitch and Chat 10:30 AM—12 PM Bingo 1 PM—4 PM	

