

Inspired Aging Programs & Events | August 2026

● online program
New Program



Monday	Tuesday	Wednesday	Thursday	Friday
3 10 AM News & Schmooze ● 11 AM Chair Yoga 12 PM Sit & Be Fit 1 PM Gametime	4 10 AM Memory Cafe 11 AM Optimize Stability 1 PM Simcha Readers Storytelling ●	5 11 AM Zumba Gold 12 PM Chair Yoga	6 10 AM Flex Your Brain ●	7 10 AM Mitzvah Knitters
10 11 AM Chair Yoga 12 PM Sit & Be Fit 1 PM Gametime	11 11 AM Optimize Stability 1 PM Simcha Readers Storytelling ●	12 11 AM Zumba Gold 12 PM Chair Yoga	13 10 AM Flex Your Brain ●	14 10 AM Shabbat Cafe with Rabbi Will Hall 1:30 PM BINGO
17 10 AM News & Schmooze ● 11 AM Chair Yoga 12 PM Sit & Be Fit 1 PM Gametime	18 10 AM Memory Cafe 11 AM Optimize Stability 1 PM Simcha Readers Storytelling ●	19 11 AM Zumba Gold 12 PM Chair Yoga 2 PM Reading Between the Lines ●	20 10 AM Flex Your Brain ● 1:30 PM Wills & Living Trusts with Janice Pierce	21 10 AM Mitzvah Knitters
24 11 AM Chair Yoga 12 PM Sit & Be Fit 1 PM Gametime	25 11 AM Optimize Stability 1 PM Simcha Readers Storytelling ●	26 11 AM Zumba Gold 12 PM Chair Yoga	27 10 AM Flex Your Brain ●	28
31 10 AM News & Schmooze ● 11 AM Chair Yoga 12 PM Sit & Be Fit 1 PM Gametime 6:30 PM Men's Book Club				