South Haven Activities August 2025

Monday	Tuesday	Wednesday	Thursday	Friday
PICKLEBALL 8-12:00 M-F ALL SKILL LEVELS - rotate in 12-3:00 M-W-F Beginner/Intermediate Levels 12-3:00 T-TH Intermediate Women **CLASSES** Classes are subject to change (day, time and/or location)	**COMPUTER LAB** Open Monday-Friday with skilled help Onsite: M-T-W 9:30-2:30 TH-F 9:30-11:30 Or by appointment **WALKING PATH** The walking path is available Monday-Friday 8-3:00 **11 times around is a mile**			**1** 8:00-10:30 Coffee Time 9:15-10:30 Yoga 10:30-11:30 Bingo 10:45-11:30 Welcome to Fitness 12:00-2:30 Euchre 12:30-2:30 Friday Knitters
4 8:00-10:30 Coffee Time 10:00-2:30 Cards & Games - your choice 9:30-10:15 Standing Pilates 10:30-11:30 Tai Chi 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:00-2:30 Cornhole	**5** 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Seated Strength 12:30-2:30 Yarn 1-Chat 2 12:30-1:15 Fitness Drumming	**6** 8:00-10:30 Coffee Time 8:45-9:55 Healthy Habits 9:30-12:00 Arts & Crafts 10:00-11:30 Creative Cards 10:00-1:00 Mahjong 10:45-11:30 Core & Cardio 1:00-2:00 Yoga 1:00-2:30 Cornhole	**7** 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:30-11:45 Line Dancing 12:00-2:30 Stitched with Love 12:30-1:15 Fitness Drumming	**8** 8:00-10:30 Coffee Time 9:15-10:30 Yoga 10:30-11:30 Bingo 10:45-11:30 Welcome to Fitness 12:00-2:30 Euchre 12:30-2:30 Friday Knitters 12:30 Movie: The Unbreakable Boy
11 8:00-10:30 Coffee Time 10:00-2:30 Cards & Games - your choice 9:30-10:15 Standing Pilates 10:00-11:00 Flourishing Friends Widows Group 10:30-11:30 Tai Chi 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:00-2:30 Cornhole	**12** 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Seated Strength 11:30-1:00 Route 66 JOY Group (Just Older Youth) 12:30-2:30 Yarn 1-Chat 2 12:30-1:15 Fitness Drumming 1:00-2:30 Estate Planning with Bill Westerbeke	**13** 8:00-10:30 Coffee Time 8:45-9:55 Healthy Habits 9:30-12:00 Arts & Crafts 10:00-1:00 Mahjong 10:45-11:30 Core & Cardio 12:30-2:30 Zentangle 1:00-2:00 Yoga 1:00-2:30 Cornhole	**14** 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 9:30-11:30 ABCD's of Medicare 10:30-11:45 Line Dancing 12:00-2:30 Stitched with Love 12:30-1:15 Fitness Drumming 12:30-2:30 Euchre 1:00-2:00 Grief Group	**15** **Closed** **Staff Inservice**
18 8:00-10:30 Coffee Time 10:00-2:30 Cards & Games - your choice 9:30-10:15 Standing Pilates 10:30-11:30 Tai Chi 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:00-2:30 Cornhole	**19** 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Seated Strength 12:30-2:30 Yarn 1-Chat 2 12:30-1:15 Fitness Drumming	**20** 8:00-10:30 Coffee Time 8:45-9:55 Healthy Habits 9:30-12:00 Arts & Crafts 10:00-1:00 Mahjong 10:45-11:30 Core & Cardio 1:00-2:00 Visually Impaired Persons 1:00-2:00 Yoga 1:00-2:30 Cornhole	**21** 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:30-11:45 Line Dancing 12:00-2:30 Stitched with Love 12:30-1:15 Fitness Drumming	**22** 8:00-10:30 Coffee Time 9:30-10:15 Tai Chi Refresh 10:30-11:30 Bingo 10:45-11:30 Welcome to Fitness 12:00-2:30 Euchre 12:30-2:30 Friday Knitters
25 8:00-10:30 Coffee Time 10:00-2:30 Cards & Games - your choice 9:30-10:15 Standing Pilates 10:00-11:00 Flourishing Friends Widows Group 10:30-11:30 Tai Chi 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:00-2:30 Cornhole	**26** 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Seated Strength 12:30-2:30 Yarn 1-Chat 2 12:30-1:15 Fitness Drumming 1:00-2:00 Farmers Market Picks w/Isabell From Bronson 1:00-2:30 Get to know the VBCD	**27** 8:00-10:30 Coffee Time 8:45-9:55 Healthy Habits 9:30-12:00 Arts & Crafts 10:00-1:00 Mahjong 10:45-11:30 Core & Cardio 1:00-2:00 Yoga 1:00-2:30 Cornhole	**28** 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:30-11:45 Line Dancing 12:00-2:30 Stitched with Love 12:30-1:15 Fitness Drumming	**29** 8:00-10:30 Coffee Time 9:30-10:15 Yoga 10:30-11:30 Bingo 10:45-11:30 Welcome to Fitness 12:00-2:30 Euchre 12:30-2:30 Friday Knitters