

South Haven Activites August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:30-10:00 Chair Volleyball 10:30-11:30 Tai Chi 10:00-3:00 Cards&Games of choice 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:30-2:30 Cornhole 1:30-2:30 Yoga	4 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Fitness Drumming 12:30-2:30 Yarn 1-Chat 2 12:30-1:15 Pilates	5 8:45-10:00 Healthy Habits 9:30- 2:30 Canasta 10:00-1:00 Mahjong 10:45-11:30 Core&Cardio 12:30-1:15 Gentle Fitness 1:30-2:30 Cornhole 1:30-2:30 Yoga-Video	6 9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 10:45-11:45 Line Dancing 10:45-11:30 Fitness Drumming 12:30-1:15 Pilates	7 9:30-10:15 Tai Chi Refresh 10:00-2:00 Mahjong 10:30-11:30 BINGO 10:45-11:30 Core&Cardio 11:00-12:00 First Friday Music-open 12:00-2:30 Euchre 12:30-2:00 Chair Volleyball
10 8:30-10:00 Chair Volleyball 10:00-11:15 Flourishing Friends 10:30-11:30 Tai Chi 10:00-3:00 Cards&Games of choice 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:30-2:30 Cornhole 1:30-2:30 Yoga	11 9:00-9:45 Standing Pilates 10:00-11:00 Speakers Series- Kate Hosier and Ross Stein 10:30-11:30 Card Bingo 12:30-1:15 Pilates 12:30-2:30 Yarn 1-Chat 2	12 8:45-10:00 Healthy Habits 9:30-12:00 Artist Group- Paint by number 9:30- 2:30 Canasta 10:00-1:00 Mahjong 10:45-11:30 Core&Cardio 12:30-1:15 Gentle Fitness 1:30-2:30 Cornhole 1:30-2:30 Yoga-Video	13 9:00-12:00 Stitched with Love 9:30-10:15 Standing Pilates 10:30-11:30 Your Identity- Staying Connected and Protected 10:45-11:45 Line Dancing 10:45-11:30 Fitness Drumming 12:30-1:15 Pilates 1:00-2:00 Grief Support Group	14 9:30-10:15 Tai Chi Refresh 10:00-2:00 Mahjong 10:30-11:30 BINGO 10:45-11:30 Core&Cardio 12:00-2:30 Euchre 12:30-2:00 Chair Volleyball 12:30-2:30 Friday Knitters 12:30 Movie day- Last Breath
17 8:30-10:00 Chair Volleyball 10:30-11:30 Tai Chi 10:00-3:00 Cards&Games of choice 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:30-2:30 Cornhole 1:30-2:30 Yoga	18 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Fitness Drumming 11:30-1:00 Route 66 JOY Group (Just Older Youth) 12:30-1:15 Pilates 12:30-2:30 Yarn 1-Chat 2	19 8:45-10:00 Healthy Habits 9:30-12:00 Artist Group 9:30- 2:30 Canasta 10:00-1:00 Mahjong 10:45-11:30 Core&Cardio 12:30-1:15 Gentle Fitness 1:00-2:00 Visually Impaired 1:30-2:30 Cornhole 1:30-2:30 Yoga-Video	20 9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 10:45-11:45 Line Dancing 10:45-11:30 Fitness Drumming 11:00-12:00 3 rd Thursday Music 12:30-1:15 Pilates 12:30-1:30 Book Club	Closed Staff In-Service
24 8:30-10:00 Chair Volleyball 10:00-11:15 Flourishing Friends 10:30-11:30 Tai Chi 10:00-3:00 Cards&Games of choice 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:30-2:30 Cornhole 1:30-2:30 Yoga	25 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Fitness Drumming 12:30-1:15 Pilates 12:30-2:30 Yarn 1-Chat 2	26 8:45-10:00 Healthy Habits 9:30-12:00 Artist Group 9:30-2:30 Canasta 10:00-1:00 Mahjong 10:45-11:30 Core&Cardio 12:30-1:15 Gentle Fitness 1:30-2:30 Cornhole 1:30-2:30 Yoga-Video	27 9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 10:45-11:45 Line Dancing 10:45-11:30 Fitness Drumming 12:30-1:15 Pilates	
31 8:30-10:00 Chair Volleyball 10:30-11:30 Tai Chi 10:00-3:00 Cards&Games of choice 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:30-2:30 Cornhole 1:30-2:30 Yoga		<u>Classes</u> are subject to change(day,time,and/or location) Thank you for your felxibility <u>Computer Lab:</u> Open Monday-Friday 9:00-2:30 Onsite Help Mondays & Tuesdays 9:30-11:30 Thursdays 1:00-2:30 Or by scheduling an appointment	<u>Pickleball:</u> 8-11 M-F All Skill Level 11:00-2:00 M/W/F Intermediate Play 11-2:00 T/TH Intermediate Women 2-3:00 M-F Beginners Only <u>Walking Path:</u> The Walking Path is available to you all day Monday through Friday 8:00 am -3:00 pm 11 times around is 1 mile	