

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
		1 Stay Strong and Sturdy 9 a.m. Balance Dance 4544 S. Lamar Blvd, Ste 200	2 Stay Smart 1 p.m. Elan Southpark 9320 Alice Mae Lane, Austin, TX 78748	3 Stay Strong and Sturdy 11 a.m. Go Dance 4477 S. Lamar Blvd #530	4	5
6	7 Early Morning Park Walk 8 a.m. Dick Nichols Park 8011 Beckett Rd, 78749	8 Stay Strong and Sturdy 9 a.m. Balance Dance 4544 S. Lamar Blvd, Ste 200	9 Stay Smart 1 p.m. Elan Southpark 9320 Alice Mae Lane, Austin, TX 78748	10 Stay Strong and Sturdy 11 a.m. Go Dance 4477 S. Lamar Blvd #530	11 Stay Social Gong Fu Cha, The Art of Chinese Tea Service 10 a.m. West China Tea Company 4706 N IH 35, 78751	12
13	14 Volunteer project at Creative Action 11 a.m. – 12:30 pm Creative Action 2921 E. 17TH ST. BLDG B Austin, Tx 78702 *We will prep arts and crafts activities for kiddos	15 Stay Strong and Sturdy 9 a.m. Balance Dance 4544 S. Lamar Blvd, Ste 200 78745	16 Changing is Cool “How to manage change as you age” 1 p.m. Elan Southpark 9320 Alice Mae Lane, Austin, TX 78748	17 Volunteer project at Alzheimer’s Tx 9 a.m. Alzheimer’s TX 3520 Executive Center Dr Suite #140, Austin, TX 78731 *We will prep outreach kits for seniors Stay Strong and Sturdy 11 a.m. Go Dance 4477 S. Lamar Blvd #530	18	19
20	21	22 Stay Strong and Sturdy 9 a.m. Balance Dance 4544 S. Lamar Blvd, Ste 200	23 Stay Smart 1 p.m. Elan Southpark 9320 Alice Mae Lane, Austin, TX 78748	24 Stay Strong and Sturdy 11 a.m. Go Dance 4477 S. Lamar Blvd #530	25 Trip to Texas Quilt Museum LaGrange 8:00 a.m. breakfast 9:00 a.m. carpool to museum Email: info@agingiscool.com for details	26
27	28	29 Yoga 9 a.m. Balance Dance 4544 S. Lamar Blvd, Ste 200	30 Stay Smart 1 p.m. Elan Southpark 9320 Alice Mae Lane, Austin, TX	31 Stay Strong and Sturdy 11 a.m. Go Dance 4477 S. Lamar Blvd #530		