

Fair Oaks Activities Schedule

August 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am	Yoga - Terri Room 4,5,6	Yoga - Terri Room 4,5,6			
9:15 am				Strong For Life – Kate Rooms 4,5,6	
9:30 am			Pura vida Class! -Gorge Salazar MPR 9:30-10:30		Garden Club - Master Gardeners in the Garden Drum Class - with Patter in the Garden at 10:30 AM
10:00 am	Tai Chi – Lisette Room 4,5,6	Stress Management - Rita, Room 4,5,6 10:00-11:20 am	Tai Chi – Lisette Room 4,5,6	Let's Talk (English) with Charles in the Lounge Stress Management Con Rita 10:30 am	Sit & Be Fit - Rita Zoom Link: https://fhda-edu.zoom.us/j/84242053856
11:00 am	Yijin Jing Class With –Lisette Room 4,5,6. 11-11:30 am La Platica (Spanish) with Maria in the Lounge Room	Loteria Game in MPR– 11:15 am	Zumba - Angie Room 4,5,6		Free Dancing in MPR 11:00 -12:00pm
6:00 pm					Soul Line Dancing on Zoom - Juanita juanitacroft@gmail.com for more information. Call the center for more information