

Mon	Tue	Wed	Thu	Fri
<p>Exercises classes will begin August 4, 2020 at John Ford Gym. A CCCOA staff member will complete temperature screenings for each participant prior to entry. A COVID-19 Liability Waiver is REQUIRED for EVERY PARTICIPANT as well as a Symptom Screening completed by phone twenty-four hours PRIOR to the class the participant is attending.</p> <p>New protocols have been implemented for each participant to abide by. Contact our office to get your WAIVER and NEW PROTOCOL sheet prior to attending the Exercise Programs.</p>				
3 VIRTUAL BINGO 10:00-11:00 FARMERS MARKET 10am to 2pm	4 Jumpstart the Mind Journal Activity Arthritis Foundation* Exercise 10:45-11:45	5 Chair Exercises ZUMBA with Celeste* 10:15-11:00	6 Word Search Puzzle Arthritis Foundation* Exercise 10:45-11:45	7 Craft Project: Milk Carton Bird Feeder
10 VIRTUAL BINGO 10:00-11:00 FARMERS MARKET 10am to 2pm	11 Super Silly Knock- Knock Jokes Arthritis Foundation* Exercise 10:45-11:45	12 Chair Exercises ZUMBA with Celeste* 10:15-11:00	13 Sudoku Puzzle Arthritis Foundation* Exercise 10:45-11:45	14 Nutrition Education Focusing on Food Groups: Dairy
17 VIRTUAL BINGO 10:00-11:00 FARMERS MARKET 10am to 2pm	18 Word Search Puzzle Arthritis Foundation* Exercise 10:45-11:45	19 Chair Exercises ZUMBA with Celeste* 10:15-11:00	20 Summer Crossword Puzzle Arthritis Foundation* Exercise 10:45-11:45	21 Straight Domino Game
24 VIRTUAL BINGO 10:00-11:00 FARMERS MARKET 10am to 2pm	25 Craft Project: Leather Bracelet Arthritis Foundation* Exercise 10:45-11:45	26 Chair Exercises ZUMBA with Celeste* 10:15-11:00	27 Today in History Arthritis Foundation* Exercise 10:45-11:45	28 Word Search Puzzle
31 VIRTUAL BINGO 10:00-11:00	<h1>AUGUST</h1>			

**Calhoun County
 Council on Aging**
803-874-1270

If needing assistance, please call our office to set up an appointment. Staff members are at the office from 8:00am to 4:00pm, Monday through Friday.

Arthritis Foundations and Zumba Fitness Classes will be held at the John Ford Community Center Gym.

Please note the change of location to allow ample space for participants and instructors as we continue to abide by recommendations of social distancing.

Weekly activity booklets will be provided to clients to include activity sheets, nutrition info, and more until meal site transportation is running again.

Activity Booklets are the activities listed on the monthly calendar.

Farmers Market will be open at least through August 24, 10am to 1pm