

# **Rendezvous Club**

# **August**

# **Programs and Events**

## **Rendezvous Mini Folklorama**

**August 9th - 11th**

**August 15th - 18th**

Join us in learning about the Italian and Filipino cultures.

## **Exercises**

Chair Yoga

Breathing and Meditation

Chair Exercises

Chair Zumba

## **Table Games and Mental Aerobics**

Word in a Word

Name that Tune

Through the Decades

iPad Programs

Whist

Group Crosswords

Qwirkle

Tile Rummy

Wheel of Fortune

And much more!