

Bayview Senior Center



AUGUST NEWSLETTER 2017

Pensacola Rocks! Tuesday, August 1st, 9:00am. Join us for a rock painting party! We will be painting rocks to hide around the Pensacola area. We will supply the rocks, paint, brushes, ideas, and refreshments!

Can You Hear Me Now!? Friday, August 4th, 11:00am. Can't hear on the phone? Join Patrick from Clear Captions for a Lunch & Learn to learn how to get your FREE Caption Phone. RSVP to Molly!

Eleveneses, Mon, August 7th, 10:00am. Enjoy tea and snacks while getting to know the Bayview Crew and upcoming programs and events

Battle of the Sexes! Thursday, August 10th, 10:00am. Join Molly in the TIEBREAKER of Name that Tune with music from the 1940's to today!

I'll Stop The World and Melt With You, Friday, August 11th, 11:00am. Beat the heat! Join us for an ice cream social!

Boomers Gone Wild! Friday, August 18th, 11:00am! Health education program on healthy eating. Snacks and drinks will be provided.

Miles High Club, ALL MONTH! Join us for laps around Bayview as we walk towards our goal! The seniors that participate will be treated to a pizza party!

Fitness & Wellness

Chair Exercise - M,W,F - 9:00am

Sweating to the Oldies - Tues, Thurs - 9:00am

Strength & Flexibility - Tues, Thurs - 10:00 am

Jumping Jacks & Jill - Tues, 9:00am

Advanced Chair Yoga - M,W,F, 8:00am

Beginner Chair Yoga - M,W, F, 10:00am

Strength & Flexibility - Tues, Thurs, 10:00am

