



**MOUNTAIN VIEW
COMMUNITY CENTER**

SENIOR PROGRAMS – AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
3 10am Seated Enhance Fitness 12-2pm OMA Dementia Class	4 11am SAIL Aerobics 12:15pm Senior Cafe Lunch Tidbit Tuesday with Ashlee Lowe	5 10am Seated Enhance Fitness 11:30am Seated SAIL w/Jan 12:45pm The Write Stuff Group	6 10am SAIL Aerobics 11:15am Brain Games 11:30 Krafty Krafters 5:30pm Seeds of Change Dinner	7
10 10am Seated Enhance Fitness 12-2pm OMA Dementia Class	11 11am SAIL Aerobics 12:15pm Senior Cafe Lunch Birthday Celebration with Jim Meck	12 10am Seated Enhance Fitness 11:30am Seated SAIL w/Jan 12:45pm The Write Stuff Group	13 10am SAIL Aerobics 11:15am Brain Games 11:30am Krafty Krafters 5:30pm Seeds of Change Dinner	14
17 10am Seated Enhance Fitness 12-2pm OMA Dementia Class	18 11am SAIL Aerobics 12:15pm Senior Cafe Lunch Trivia	19 10am Seated Enhance Fitness 11:30am Seated SAIL w/Jan 12:45pm The Write Stuff Group	20 10am SAIL Aerobics 11:15am Brain Games 11:30am Krafty Krafters 5:30pm Seeds of Change Dinner	21 Sock Hop at the Prom Senior Dance 3:30-5:30pm
24 10am Seated Enhance Fitness 12-2pm OMA Dementia Class	25 11am SAIL Aerobics 12:15pm Senior Cafe Lunch Bingo	26 10am Seated Enhance Fitness 11:30am Seated SAIL w/Jan 12:45pm The Write Stuff Group	27 10am SAIL Aerobics 11:15am Brain Games 11:30am Krafty Krafters 5:30pm Seeds of Change Dinner	28

Mountain View Community Center | 3607 122nd Ave E, Suite A | Edgewood, WA 98372 | 253-826-4329 | contact@mtviewcc.org | www.mtviewcc.org

**Seated Enhance Fitness is an evidence-based Cardio, Strength, Balance and Stretch class for seniors.*