

# August Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. Salsa dance aerobics ....9:00 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Knitting.....2:00	2. Yoga.....9:45 Scrabble.....12:15 Hi Lo Jack.....1:00	3. Bone Builders.....9:15 Keep Moving .....10:30 Cribbage.....1:00 Bingo.....1:30
6. Co. Line dance.....9:30 Sewing Class.....10:00 Hi Lo Jack.....1:00	7. Yoga.....9:15 Scrabble.....9:30 Art Class.....NO Bone builders.....10:30 Line dance.....12:45 Samba.....1:00 Bingo.....1:30 Essentrics.....2:00	8. Salsa dance aerobics ....9:00 Mahjongg.....9:30 Keep Moving..... <b>NO</b> Cribbage.....1:00 Knitting.....2:00 KVV.....2:00	9. Yoga.....9:45 Scrabble.....12:15 Hi Lo Jack.....1:00	10. Bone Builders.....9:15 Keep Moving..... <b>NO</b> Cribbage.....1:00 Bingo.....1:30
13. Co. Line dance.....9:30 Crafting with J&M....9:30 Sewing Class.....10:00 Hi Lo Jack.....1:00	14. Yoga.....9:15 Scrabble.....9:30 Art Class.....10:15 Bone builders.....10:30 Line dance.....NO Samba.....1:00 Bingo.....1:30 Essentrics.....2:00	15. Salsa Dance aerobics....9:00 Mahjongg.....9:30 Keep Moving.....10 :30 Cribbage.....1:00 Book club.....1:00 Knitting.....2:00	16. Yoga.....9:45 Hi Lo Jack.....1:00 Scrabble.....12:15 Card Making w/ Kathy.2:30	17. Bone Builders.....9:15 Keep Moving .....10:30 Cribbage.....1:00 Bingo.....1:30
20. Co. Line dance.....9:30 Sewing Class.....10:00 Hi Lo Jack.....1:00	21. Yoga.....9:15 Scrabble.....9:30 Art Class.....NO Bone Builders.....10:30 Line dance.....12:45 Samba.....1:00 Bingo .....1:30 Essentrics.....2:00	22. Salsa Dance aerobics....9:00 Mahjongg.....9:30 Keep Moving..... <b>10:30</b> Cribbage.....1:00 Blood pressure check...11:00 Knitting.....2:00	23. Yoga.....9:45 Card Signing.....10:30 Scrabble.....12:15 Hi Lo Jack.....1:00 Scam discussion..... <b>2:00</b>	24. Bone Builders.....9:15 Keep Moving ..... <b>10:30</b> Cribbage.....1:00 Bingo.....1:30
27. Co. Line dance.....9:30 Sewing Class.....10:00 Hi Lo Jack.....1:00	28. Yoga.....9:15 Scrabble.....9:30 Art Class.....10:15 Bone builders.....10:30 Line dance.....12:45 Samba.....1:00 Bingo.....1:30 Essentrics.....2:00	29. Salsa dance aerobics ....9:00 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Knitting.....2:00 B-Day Cake.....1:00	30. Yoga.....9:45 Scrabble.....12:15 Hi Lo Jack.....1:00	31. Bone Builders.....9:15 Keep Moving ..... <b>10:30</b> Cribbage.....1:00 Bingo.....1:30