

August

MON	TUE	WED	THU	FRI
	1 9:15 Simply Seniors 9:30 Mahjong 10:30 Arthritis Exercise 11:30 Lunch 1:00 BINGO 1:00 Dominoes 1:00 Let's Get Moving	2 8:30 Footcare Appts 10:00 Senior Yoga 10:00 Card Creators 11:30 Lunch 1:30 Cribbage	3 8:30 ADRC Benefit Specialist 9:00 Cardio Drumming 9:00 Early Birds group 9:15 Simply Seniors 11:30 Lunch 1:00 Sheepshead	4 8:30 Quilting 9:00 BINGO Brunch 11:30 Lunch
7 8:30 Committee On Aging 9:00 Fitness Fun 11:30 Lunch 12:00 Footcare Appts 1:00 Movie: The Producers	8 9:15 Simply Seniors 9:30 Mahjong 10:30 Arthritis Exercise 10:30 Blood Pressure Screening 11:30 Lunch 1:00 BINGO 1:00 Dominoes 1:00 Let's Get Moving	9 8:30 Footcare Appts 10:00 Senior Yoga 10:00 Card Creators 11:30 Lunch 1:30 Cribbage	10 9:00 Cardio Drumming 9:00 Early Birds group 9:15 Simply Seniors 11:30 Lunch 1:00 Sheepshead 12:00- Friends of the TRSC Board Meeting	11 8:30 Quilting 9:00 BINGO Brunch 11:30 Lunch
14 9:00 Fitness Fun 11:30 Lunch 12:00 Footcare Appts 1:00 Movie: Ladies in Lavender	15 9:15 Simply Seniors 9:30 Mahjong 10:30 Arthritis Exercise 11:30 Lunch 1:00 BINGO 1:00 Dominoes 1:00 Let's Get Moving	16 8:30 Footcare Appts 10:00 Senior Yoga 10:00 Card Creators 11:30 Lunch 1:30 Cribbage Corn Roast 2-4 pm	17 9:00 Cardio Drumming 9:00 Early Birds group 9:15 Simply Seniors 11:30 Lunch 1:00 Sheepshead Red Hattitude meeting	18 8:30 Quilting 9:00 BINGO Brunch 11:30 Lunch Creation Station reservation deadline
21 9:00 Fitness Fun 11:30 Lunch 12:00 Footcare Appts 1:00 Movie: Encanto	22 9:15 Simply Seniors 9:30 Mahjong 10:30 Arthritis Exercise 11:30 Lunch 1:00 BINGO 1:00 Dominoes 1:00 Let's Get Moving	23 8:30 Footcare Appts 10:00 Senior Yoga 10:00 Card Creators 11:30 Lunch 1:30 Cribbage	24 9:00 Cardio Drumming 9:00 Early Birds group 9:15 Simply Seniors 11:30 Lunch 1:00 Sheepshead Creation Station pick up	25 8:30 Quilting 9:00 BINGO Brunch 11:30 Lunch 12-3pm- Birthday lunch & Party! Creation Station pick up
28 9:00 Fitness Fun 11:30 Lunch 12:00 Footcare Appts 1:00 Movie: Bridge of Spies	29 9:15 Simply Seniors 9:30 Mahjong 10:30 Arthritis Exercise 11:30 Lunch 1:00 BINGO 1:00 Dominoes 1:00 Let's Get Moving	30 8:30 Footcare Appts 10:00 Senior Yoga 10:00 Card Creators 11:30 Lunch 1:30 Cribbage	31 9:00 Cardio Drumming 9:00 Early Birds group 9:15 Simply Seniors 11:30 Lunch 1:00 Sheepshead	

Special Dates

August 7th- Committee on Aging meeting at 8:30 am

August 16th- Corn Roast

August 25th- Birthday Party

Call 920-793-5596 to sign up for classes and activities today!