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	B 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
8:30 Committee On Aging	8 9:15 Simply Seniors 9:30 Mahjong	9 8:30 Footcare Appts 10:00 Senior Yoga	10 9:00 Cardio Drumming 9:00 Early Birds group	11 8:30 Quilting 9:00 BINGO Brunch
9:00 Fitness Fun	10:30 Arthritis Exercise	10:00 Card Creators	9:15 Simply Seniors	11:30 Lunch
11:30 Lunch	10:30 Blood Pressure	11:30 Lunch	11:30 Lunch	
12:00 Footcare Appts 1:00 Movie: The	Screening 11:30 Lunch	1:30 Cribbage	1:00 Sheepshead	
Producers	1:00 BINGO		12:00- Friends of the	
TTOULOCIU	1:00 Dominoes		TRSC Board Meeting	
	1:00 Let's Get Moving		TROG Doard Meeting	
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	15	16	17	18
9:00 Fitness Fun	15 9:15 Simply Seniors	16 8:30 Footcare Appts	17 9:00 Cardio Drumming	18 8:30 Quilting
9:00 Fitness Fun 11:30 Lunch	9:15 Simply Seniors 9:30 Mahjong	16 8:30 Footcare Appts 10:00 Senior Yoga	9:00 Cardio Drumming	18 8:30 Quilting 9:00 BINGO Brunch
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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

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9:00 Cardio Drumming
9:00 Early Birds group
9:15 Simply Seniors
11:30 Lunch
1:00 Sheepshead

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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!