

Monday	Tuesday	Wednesday	Thursday
<p>Monday, August 7th at 11 a.m. we will be having a Carnival Party!! We will have fun games and activities for everyone. It will also include carnival food. Please sign up for this event!! We encourage you to bring a side or dessert to share!</p>	<p>1</p> <p>8 a.m.-3:45 p.m. – Exercise Room 10 a.m. - Board Games 10:30 a.m. - Music w/Jerry Ivory 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 1 p.m. & 2:15 p.m. Silver Sneakers</p>	<p>2</p> <p>8 a.m.-3:45 p.m.- Exercise Room 9 a.m. – Noon – Line Dancing 10 a.m. – Noon – Wii Bowling 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 2:30 p.m.- Craft (Must Sign Up)</p>	<p>3</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - Lunch (Must Sign Up) 1 p.m. - Bingo</p>
<p>7</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 11:30 a.m. - Yoga 11 a.m. – Carnival Party!! 6:30 p.m. – Pinochle/Exercise Rm.</p>	<p>8</p> <p>8 a.m.-3:45 p.m. – Exercise Room 10 a.m. - Board Games 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 1 p.m. & 2:15 p.m. Silver Sneakers</p>	<p>9</p> <p>8 a.m.-3:45 p.m.- Exercise Room 9 a.m. – Noon – Line Dancing 10 a.m. – Noon – Wii Bowling 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo</p>	<p>10</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - Lunch (Must Sign Up) 1 p.m. - Bingo</p>
<p>14</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 11:30 a.m. - Yoga 12 p.m. – Lunch (\$2) 1 p.m.- Bible Study 6:30 p.m. – Pinochle/Exercise Rm.</p>	<p>15</p> <p>8 a.m.-3:45 p.m. – Exercise Room 10 a.m. - Board Games 10:30 a.m. - Music w/Jerry Ivory 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 1 p.m. & 2:15 p.m. Silver Sneakers</p>	<p>16</p> <p>8 a.m.-3:45 p.m.- Exercise Room 9 a.m. – Noon – Line Dancing 10 a.m. – Noon – Wii Bowling 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 2:30 p.m.- Snack Attack (Sign-Up)</p>	<p>17</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - Lunch (Must Sign Up) 1 p.m. - Bingo</p>
<p>21</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 11:30 a.m. - Yoga 12 p.m. – Chatterbug/Lunch (\$2) 6:30 p.m. – Pinochle/Exercise Rm.</p>	<p>22</p> <p>8 a.m.-3:45 p.m. – Exercise Room 10 a.m. - Board Games 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 1 p.m. & 2:15 p.m. Silver Sneakers</p>	<p>23</p> <p>8 a.m.-3:45 p.m.- Exercise Room 9 a.m. – Noon – Line Dancing 10 a.m. – Noon – Wii Bowling 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo</p>	<p>24</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - Lunch (Must Sign Up) 1 p.m. - Bingo</p>
<p>28</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 11:30 a.m. - Yoga 12 p.m. – Lunch (\$2) 1 p.m.- Bible Study 6:30 p.m. – Pinochle/Exercise Rm.</p>	<p>29</p> <p>8 a.m.-3:45 p.m. – Exercise Room 10 a.m. - Board Games 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 1 p.m. & 2:15 p.m. Silver Sneakers</p>	<p>30</p> <p>8 a.m.-3:45 p.m.- Exercise Room 9 a.m. – Noon – Line Dancing 10 a.m. – Noon – Wii Bowling 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo</p>	<p>31</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - Lunch (Must Sign Up) 1 p.m. - Bingo</p>