

SENIOR HAPPENINGS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
AUGUST 2014				<div style="text-align: right;">1</div> 8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate
<div style="text-align: right;">4</div> 8:30 Social Day 8:30 Aerobics 9:00 Paul Schmid 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi-level Chair Yoga 11:30 Lunch: 12:45 Multi-level Chair Yoga	<div style="text-align: right;">5</div> 8:30 Social Day 8:30 Toning/Stretching 8:45 Walking / Hiking Group 9:30 Games / Billiards 10:00 Blood Pressure Clinic 11:30 Lunch: 1:00 Knitting Circle	<div style="text-align: right;">6</div> 8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi-level Chair Yoga 11:30 Monthly Soup and Sandwich 12:45 Multi-level Chair Yoga 1:30 Poetry Writing	<div style="text-align: right;">7</div> 8:30 Social Day 8:30 Toning / Stretching 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch: 12:30 Bingo, Cards, etc. 1:00 Quilting	<div style="text-align: right;">8</div> 8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate
<div style="text-align: right;">11</div> 8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi-level Chair Yoga 11:30 Lunch: 12:45 Multi-level Chair Yoga	<div style="text-align: right;">12</div> <p style="text-align: center;">No Activities</p> Magnolia Family Picnic and car Cruise 6pm-8pm Bring a picnic Or purchase hot dogs and hamburgers	<div style="text-align: right;">13</div> <p style="text-align: center;">No Activities</p> 12:00 Senior Picnic Call to reserve your seat <p style="text-align: center;">The Blues Crew Will entertain you !</p>	<div style="text-align: right;">14</div> 8:30 Social Day 8:30 Toning /Stretching 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch: 12:30 Bingo, Cards, etc. 1:00 Quilting	<div style="text-align: right;">15</div> 8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate
<div style="text-align: right;">18</div> 8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi-level Chair Yoga 11:30 Lunch: 12:45 Multi-level Chair Yoga	<div style="text-align: right;">19</div> 8:30 Social Day 8:30 Toning / Stretching 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: 1:00 Knitting Circle	<div style="text-align: right;">20</div> 8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi-level Chair Yoga 11:30 Lunch: 12:45 Multi-level Chair Yoga 1:30 Poetry Writing	<div style="text-align: right;">21</div> 8:30 Social Day 8:30 Toning / Stretching 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch: 12:30 Bingo, Cards, etc. 1:00 Quilting	<div style="text-align: right;">22</div> 8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: 12:30 T'ai Chi – Advanced 1:30 T'ai Chi-Intermediate
<div style="text-align: right;">25</div> 8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi-level Chair Yoga 11:30 Lunch: 12:45 Multi-level Chair Yoga	<div style="text-align: right;">26</div> 8:30 Social Day 8:30 Toning / Stretching 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: 1:00 Knitting Circle	<div style="text-align: right;">27</div> 8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi-level Chair Yoga 11:30 Lunch: 12:45 Multi-level Chair Yoga 1:30 Poetry Writing	<div style="text-align: right;">28</div> 8:30 Social Day 8:30 Toning / Stretching 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch: 12:30 Bingo, Cards, etc. 1:00 Quilting	<div style="text-align: right;">29</div> 8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: 12:30 T'ai Chi – Advanced 1:30 T'ai Chi - Intermediate