

CENTER ACTIVITIES FOR AUGUST 2019

BINGO: Sunday, August 4th, 10 am - 3 pm

PANCAKE BREAKFAST: Sunday, August 11th, 8 am -11 pm

ICE CREAM SOCIAL: Monday, August 12th, 1:30-2:30pm

PULLED PORK DINNER: Friday, August 16th, 5 pm - 6:30 pm

FOOD BANK: Tuesday, August 20th, 9:30-11:30 am

BIRTHDAY LUNCH: Friday, August 30th, 11:45 am-1 pm

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**ALL ACTIVITIES IN THE BOXES BELOW ARE CANCELED UNTIL THE FALL!**

### **Monday**

Chair Aerobics

Dining Room 9-10am

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Chair Aerobics

Dining Room 9-10am.

Computer Help Lab

Lab open 2-4pm.

Dance Exercise Class

Dining Room 2-3pm

### **Wednesday**

Chair Yoga

Dining Room 9-10am.

Life Changes Group

Conference Room 10-11am.

Ukulele Group

Sunshine Room 1-2pm

### **Thursday**

Balance & Posture Exercise Class

Dining Room 9-10am.

Hearing Services

1st Thurs. of month. Sunshine Room; 9-12  
noon Call 463-2966 for appt.

### **Bible Class**

**Lunch: 11:45, Conference Room until 1:30**

Parkinson's Discussion & Support Group

Thursday Conference Room 10:30-11:45  
Contact Linda Posner at 459-1941

### **FRIDAY**

Chair Aerobics

Dining Room 9-10am.

**Tole Painting**

**Sunshine Room 9-12**

**Bridge**

**Conference Room 9-12 Contact person:  
Floyd & Christie Brandt 459-2519**

Bingo

Pot Luck 5pm, Game 5:30