August 2015 Calendar

KNITTING GROUP

TUESDAYS @ 10:00

(CROCHET OR KNIT FOR CHRISTMAS FOR KIDS)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 8:30 Breakfast @ McD's 9:00 Zumba 10:00 Quilting Class ***11:00 Bingo by Gentiva*** **12:00 Trivia**	4 9:00 S. Sneakers Classic 9:00 Manicure/Pedicure 10:00 Tai Chi 11:00 Yoga 12:00 Cookbook Group	5 **9:00 Trip to Senior Brain Games** 9:00 Line Dancing 12:00 Rook 1:00 Bible Study	6 **5:00 Trip Nunsense Dinner/Theater $25.00**	7 9:00 S. Sneakers Classic 10:00 Tai Chi 11:00 Yoga 12:00 Rook	8
9	10 9:00 Zumba 12:00 Bingo by: Old Time Express	11 9:00 S. Sneakers Classic 10:00Tai Chi-Wii Bowling 11:00 Yoga **12:15 Support Local Meet at LaQuesadilla**	12 **8:00 Canoe Trip** 9:00 Line Dancing 12:00 Rook 1:00 Bible Study	13 **9:00 Shopping Trip Rivergate Mall Lunch @ Red Lobster**	14 **PURPLE & GOLD DAY** 9:00 S. Sneakers Classic 10:00 Tai Chi 11:00 Yoga 12:00 Rook	15
16	17 9:00 Zumba **4:00 Trip to Wilson County Fair**	18 9:00 S. Sneakers Classic 9:00 Manicure/Pedicure 10:00 Tai Chi 11:00 Yoga	19 9:00 Line Dancing @ Assist Living 12:00 Rook 1:00 Bible Study	20 **10:30 Lunch at Arby's Bowling in Lebanon**	21 9:00 S. Sneakers Classic 10:00 Tai Chi 11:00 Yoga 12:00 Rook	22
23	24 9:00 Zumba 11:00 Speaker Fall Prevention **11:30 Lunch at Center**	25 9:00 S. Sneakers Classic 9:00 Manicure/Pedicure 10:00 Tai Chi 11:00 Yoga **12:00 Current Events**	26 9:00 Line Dancing 12:00 Rook 1:00 Bible Study	27 11:30 BP Check by: Suncrest **12:00 Birthday Dinner**	28 9:00 S. Sneakers Classic 10:00 Tai Chi 11:00 Yoga 12:00 Rook	29
30	31 9:00 Zumba **11:30 Mystery Lunch**					

CENTER HOURS:

MONDAY - FRIDAY

8:30AM - 3:00PM