



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30-10:30 Exercise- Geri-Fit 10:30 -11:30 Bingo 11:45-12:45 Lunch 1:00-2:00 Exercise -Geri-Fit 2:00 Card and Board Games	4 9:30-10:30 Exercise- Zumba Gold 10:30-11:30 Bingo 9:30 – 11:00 Shopping trip* 11:45-12:45 Lunch 1:00-2:00 Exercise -Tai Chi 2:00 Card and Board Games	5 9:30-10:30 Exercise-Geri-Fit 10:30 -11:30 Bingo 11:45-12:45 Lunch 12:45- Fiber Arts/ BYO Craft Club 1:00-2:00 Exercise -Geri-Fit 2:00 Card and Board Games	6 9:30-10:30 Exercise-Zumba Gold 9:30 Crafts- Project Linus 10:30 -11:30 Bingo 11:45-12:45 Lunch 1:00-2:00 Exercise- Tai Chi 2:15 Crafts-Project Linus	7 9:30-10:30 Exercise-Geri-Fit 10:30 -11:30 Bingo 11:45-12:45 Lunch 12:45 Bridge/Card Club 1:00-2:00 Exercise -Geri-Fit 2:00 Card and Board Games
10 9:30-10:30 Exercise- Geri-Fit 10:30 -11:30 Bingo 11:45-12:45 Lunch 1:00 Young at Heart Book Club 1:00-2:00 Exercise -Geri-Fit 2:00 Card and Board Games	11 ACOG ASSESSMENTS 9:30-10:30 Exercise- Zumba Gold 10:30-11:30 Bingo 11:45-12:45 Lunch 1:00-2:00 Exercise -Tai Chi 2:00 Card and Board Games	12 9:30-10:30 Exercise-Geri-Fit 10:30 -11:30 Bingo 11:45-12:45 Lunch 1:00-2:00 Exercise -Geri-Fit 2:00 Card and Board Games	13 9:30-10:30 Exercise-Zumba Gold 10:30 -11:30 Bingo 11:45-12:45 Lunch 1:00-2:00 Exercise -Tai Chi 2:00 Card and Board Games	14 9:30-10:30 Exercise-Geri-Fit 10:30 -11:30 Bingo 11:45-12:45 Lunch 12:45 Bridge/Card Club 1:00-2:00 Exercise -Geri-Fit 2:00 Card and Board Games
17 9:30-10:30 Exercise-Geri-Fit 10:00-10:40 Bingo 10:45 Nutrition Session 11:45-12:45 Lunch 1:00-2:00 Exercise -Geri-Fit 2:00 Card and Board Games	18 9:30-10:30 Exercise-Zumba Gold 10:30 -11:30 Bingo 11:45-12:45 Lunch 1:00-2:00 Exercise -Tai Chi 2:00 Card and Board Games	19 9:30-10:30 Exercise-Geri-Fit 10:30 -11:30 Bingo 11:45-12:45 Lunch 12:45- Fiber Arts/ BYO Craft Club 1:00-2:00 Exercise- Geri-Fit 2:00 Card and Board Games	20 9:30-10:30 Exercise-Zumba Gold 9:30 Crafts- Floral Arrangements 10:30 -11:30 Bingo 11:45-12:45 Lunch 1:00-2:00 Exercise- Tai Chi 2:15 Crafts	21 9:30-10:30 Exercise-Geri-Fit 10:30 -11:30 Bingo 11:45-12:45 Lunch 12:45 Bridge/Card Club 1:00-2:00 Exercise -Geri-Fit 2:00 Card and Board Games
24 9:30-10:30 Exercise- Geri-Fit 10:30 -11:30 Bingo 11:45-12:45 Lunch 1:00-2:00 Exercise -Geri-Fit 2:00 Card and Board Games	25 Guest Speaker 9:30 Silver Shield Program 9:30-10:30 Exercise- Zumba Gold 10:30 -11:30 Bingo 11:45-12:45 Lunch 1:00-2:00 Exercise -Tai Chi 2:00 Card and Board Games	26 9:30-10:30 Exercise-Geri-Fit 10:30 -11:30 Bingo 11:45-12:45 Lunch 12:45 Pool Tournament 1:00-2:00 Exercise -Geri-Fit 2:00 Card and Board Games	27 9:30-10:30 Exercise- Zumba Gold 10:30 -11:30 Birthdays & Bingo 11:45-12:45 Lunch 1:00-2:00 Exercise- Tai Chi 2:00 Card and Board Games	28 9:30-10:30 Exercise-Geri-Fit 10:30 -11:30 Bingo 11:45-12:45 Lunch 12:45 Bridge/Card Club 1:00-2:00 Exercise Geri-Fit 2:00 Card and Board Games
31 Guest Speaker 9:30-10:30 Exercise- Geri-Fit 10:00 Bingo 11:00 Water Matters 11:45-12:45 Lunch 1:00-2:00 Exercise -Geri-Fit 2:00 Card and Board Games	Available Daily 8:30AM-5:00PM Coffee/Tea Bar, Individual/Small Group Activities Board/Table Games, Playing Cards Jigsaw Puzzles, Reading/Shared Library, Pool Table ~~~~~ More information can be found on the bulletin board! *See Jeanna or Ashley to sign up for shopping trip-seats limited Guest Speakers 8/25-Silver Shield Program 8/31-Water Matters			