

AUGUST ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 A.M. YOGA 1:00 P.M. PITCH	3 10:00 A.M. BODY BASIC 1:00 P.M. PINOCHLE EXERCISE ROOM CLOSED FOOT CLINIC	4 9:00 A.M. QI GONG 1:00 P.M. PITCH	5 10:00 A.M. BODY BASIC 1:00 P.M. LIVERPOOL RUMMY 2:30 P.M.-3:30 P.M. FOODBANK	6 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS & COFFEE 1:00 P.M. HAND & FOOT
9 9:00 A.M. YOGA 1:00 P.M. PITCH	10 10:00 A.M. BODY BASIC 1:00 P.M. PINOCHLE	11 BIRTHDAY/ANNIV 9:00 A.M. QI GONG 11:30 A.M. BLOOD PRESSURE 1:00 P.M. PAUL SIEBERT	12 10:00 A.M. BODY BASIC 1:00 P.M. LIVERPOOL RUMMY	13 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS & COFFEE 1:00 P.M. HAND & FOOT
16 9:00 A.M. YOGA 1:00 P.M. PITCH	17 10:00 A.M. BODY BASIC 1:00 P.M. PINOCHLE EXERCISE ROOM CLOSED FOOT CLINIC	18 9:00 A.M. QI GONG 1:00 P.M. PITCH	19 9:30 A.M. BREAKFAST 10:00 A.M. BINGO 10:00 A.M. BODY BASIC 1:00 P.M. LIVERPOOL RUMMY	20 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS & COFFEE 1:00 P.M. CLOSED
23 9:00 A.M. YOGA 1:00 P.M. PITCH	24 10:00 A.M. BODY BASIC 12:30 p.m. QUIT TOBACCO 1:00 P.M. PINOCHLE EXERCISE ROOM CLOSED FOOT CLINIC	25 9:00 A.M. QI GONG 1:00 P.M. PITCH	26 10:00 A.M. BODY BASIC 12:30 P.M. TABITHA HOME HEALTH 1:00 P.M. LIVERPOOL RUMMY	27 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS & COFFEE 5:00 P.M. - 8:00 P.M. POTATO BAKE
30 9:00 A.M. YOGA 1:00 P.M. PITCH	31 10:00 A.M. BODY BASIC 12:30 P.M. MEDICARE BINGO 1:00 P.M. PINOCHLE			