


AUGUST 2018

MONTHLY HEALTHY HABIT: MEDITATE OR SIT IN SILENCE 10 MINUTES EVERY DAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:30 WEDNESDAY CARD PLAYERS 10:00 BOARD MEETING 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	2 10:00 FINANCE/INVEST GROUP (<i>ON HIATUS THIS MONTH</i>) 10:15 BINGO 12:30 FUN & FITNESS	3 9:30 PINOCHLE 10:00 SING-A-LONG CENTER CLOSES AT NOON	4
5	6 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	7 9:30 COMPUTER CLUB 10:00 TECH HELP 10:00 BRIDGE (<i>CALL AHEAD</i>) 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING 2:00 MEMORY CAFÉ 6:00-9:00 PM NATIONAL NIGHT OUT	8 9:30 WEDNESDAY CARD PLAYERS 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:00 GARDEN CLUB	9 10:00 FINANCE/INVEST GROUP (<i>ON HIATUS THIS MONTH</i>) 10:15 BINGO 9:30 TO 12:00 NURSE 11:00 OUTREACH - BRIGGS 12:30 FUN & FITNESS	10 9:30 PINOCHLE 10:00 SING-A-LONG CENTER CLOSES AT NOON	11
12	13 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	14 9:30 COMPUTER CLUB 10:00 TECH HELP 10:00 BRIDGE (<i>CALL AHEAD</i>) 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	15 9:30 VALLEY FORGE CASINO 9:30 WED CARD PLAYERS 10:00 PERSIAN SENIOR GROUP 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	16 10:00 FINANCE/INVEST GROUP (<i>ON HIATUS THIS MONTH</i>) 10:15 BINGO 12:30 FUN & FITNESS	17 9:30 PINOCHLE 10:00 SING-A-LONG CENTER CLOSES AT NOON	18
19	20 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK 1:30 YOGA (VIDEO)	21 9:30 COMPUTER CLUB 10:00 TECH HELP 10:00 BRIDGE (<i>CALL AHEAD</i>) 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING 2:00 MEMORY CAFÉ	22 9:30 WEDNESDAY CARD PLAYERS 9:30 QUILTING 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:00 GARDEN CLUB	23 10:00 FINANCE/INVEST GROUP (<i>ON HIATUS THIS MONTH</i>) 10:15 BINGO 9:30 TO 12:00 NURSE 12:30 FUN & FITNESS	24 9:30 PINOCHLE 10:00 SING-A-LONG CENTER CLOSES AT NOON	25
26	27 9:30 MAH-JONGG 10:30 CURRENT EVENTS 11:30 YOGA (VIDEO)	28 9:30 COMPUTER CLUB 10:00 TECH HELP 10:00 BRIDGE (<i>CALL AHEAD</i>) 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	29 9:30 WEDNESDAY CARD PLAYERS 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	30 10:00 FINANCE/INVEST GROUP (<i>ON HIATUS THIS MONTH</i>) 10:15 BINGO 12:30 FUN & FITNESS 11:30 OUTREACH - LEACH	31 CENTER CLOSED FOR LABOR DAY HOLIDAY	