

Sunday	Monday	Wednesday	Thursday	Friday	Saturday	
<p>Jim Meadows/Lake Metro Park will be here to discuss what is offered. August 16th 4:30</p>	<p>"Pancakes in the Park" (8/23) @ 9am at Environmental Learning Ctr.</p>	<p>Zumba 9am 1. Yoga /BP Ck. 10am Hand & Foot 10am Weights/Bands Noon Quilting/Knitting 1pm Mah Jongg 1pm Line Dancing 1:15pm Pound Fit 2:30pm Council Mtg. 6:30pm</p>	<p>Coffee w/Cops 9am 2. Take a Hike 9:15am Colored Pencil 10am Arthritis Exer. 10:30am C.Games/Computer Noon Bridge/Pinochle 12:30pm Coloring 1pm Beg. Line Dance 4pm Zumba Mixed 5:45pm E. Bingo 6pm</p>	<p>Zumba/Kick Fit 9am 3. Handcrafts 9:30am Line Dance 10am Lunch 11:am Pound Fit 11:15am Bingo Noon Kemper House 12:30pm Country Music 6pm</p>	<p>4. Chair Massage 9-12:15am Hand & Foot 10am Bunco 10am Arthritis Exer. 10:30am Weights/Bands Noon Mah Jongg 1pm</p>	<p>5. Weight Watchers 8:30am Weigh In 9am Meeting Exercise Room 8-11am</p>
<p>6. Computer & Tech. on 8/2 & 8/9 @ Noon (other dates TBD)</p>	<p>Tai-Chi/W.Colors 9am 7. Meet & Greet 10am Advance Home Care 10-Noon Arthritis Exer. 10:30am Lunch 11am Bingo/Movie Noon Card Bingo 3pm Stretching 4-5pm (New) Sewing 5:30-7:30p Zumba 5:45pm</p>	<p>Zumba 9am 8. Yoga /BP Ck. 10am Hand & Foot 10am Weights/Bands Noon Quilting/Knitting 1pm Mah Jongg 1pm Line Dancing 1:15pm Pound Fit 2:30pm Mr. Chicken 5pm</p>	<p>Podiatrist 9am 9. Colored Pencil 10am Arthritis Exer. 10:30am Wine Outing 11:30am C.Games/Computer Noon Bridge/Pinochle 12:30pm Coloring 1pm Beg. Line Dance 4pm Zumba Mixed 5:45pm E. Bingo 6pm</p>	<p>Lifeline 8:30am 10. Zumba/Kick Fit 9am Handcrafts 9:30am Line Dance 10am Lunch 11:am Pound Fit 11:15am Bingo/Scrapbook Noon Country Music 6pm</p>	<p>11. Lincoln Highway 7:15am Chair Massage 9-12:15am Hand & Foot 10am Arthritis Exer. 10:30am Weights/Bands Noon Mah Jongg 1pm</p>	<p>12. Weight Watchers 8:30am Weigh In 9am Meeting Exercise Room 8-11am</p>
<p>13. Make & Take Paint Class tonight @ FHSC @ 6pm</p>	<p>Tai-Chi/W.Colors 9am 14. Arthritis Exer. 10:30am Lunch 11am Bingo/Movie Noon Fleece Noon Card Bingo 3pm Stretching 4-5pm (New) Sewing 5:30-7:30p Coin Club 7pm</p>	<p>Zumba 9am 15. Yoga/BP Check 10am Hand & Foot 10am Weight/Bands Noon Quilting/Knitting 1pm Mah Jongg 1pm Line Dancing 1:15pm POUND FIT 3:30pm Council Mtg. 6:30pm</p>	<p>Thistledown 9am 16. Colored Pencil 10am Arthritis Exer. 10:30am Card Games Noon Bridge/Pinochle 12:30pm Coloring 1pm Beg. Line Dance 4pm Parkinson's 4:30pm Zumba Mixed 5:45pm E. Bingo 6pm</p>	<p>Attorney 8:30am 17. Zumba/Kick Fit 9am Handcrafts 9:30am Line Dance 10am Lunch 11:am Bingo Noon POUND FIT 3:30pm Motown Play 4:30pm Country Music 6pm</p>	<p>18. Chair Massage 9-12:15am Hand & Foot 10am Bunco 10am Arthritis Exer. 10:30am Weights/Bands Noon Mah Jongg 1pm</p>	<p>19. Weight Watchers 8:30am Weigh In 9am Meeting Exercise Room 8-11am</p>
<p>20. No Board Meetings until September</p>	<p>Tai-Chi/W.Colors 9am 21. Arthritis Exer. 10:30am Lunch 11am Layton 11:30am Bingo/NO Movie Noon Card Making Noon Card Bingo 3pm Stretching 4-5pm (New) Sewing 5:30-7:30p Zumba 5:45pm</p>	<p>Zumba 9am 22. Yoga /BP Check 10am Hand & Foot 10am Weight/Bands Noon Quilting/Knitting 1pm M.Jongg 1pm Line Dancing 1:15pm POUND FIT 3:30pm</p>	<p>Colored Pencil 10am 23. Arthritis Exer. 10:30am Podiatrist 10:30am Card Games Noon Bridge/Pinochle 12:30pm Coloring 1pm Beg. Line Dance 4pm Zumba Mixed 5:45pm E. Bingo 6pm</p>	<p>Mani's/Pedi's 8am 24. Zumba/Kick Fit 9am Handcrafts 9:30am Line Dance 10am Lunch 11:am Bingo Noon POUND FIT 3:30pm Cards w/Kindred 1pm Country Music 6pm</p>	<p>25. SD Trip Mtg. 9am Chair Massage 9-12:15am Hand & Foot 10am Arthritis Exer. 10:30am Red Hatters Noon Weights/Bands Noon M.Jongg 1pm</p>	<p>26. Weight Watchers 8:30am Weigh In 9am Meeting Exercise Room 8-11am</p>
<p>27. Advance Home Care will be here 8/7 from 10-Noon for blood pressure screenings</p>	<p>Tai-Chi/W.Colors 9am 28. Arthritis Exer. 10:30am Lunch 11am Bingo/Movie Noon Card Bingo 3pm Stretching 4-5pm (New) Sewing 5:30-7:30p Zumba 5:45pm</p>	<p>Zumba 9am 29. Yoga /BP Check 10am Hand & Foot 10am Weight/Bands Noon Quilting/Knitting 1pm M.Jongg/Cooking w/Jim 1pm Line Dancing 1:15pm POUND FIT 3:30pm Italy Trip Pres. 5:30pm</p>	<p>Colored Pencil 10am 30. Arthritis Exer. 10:30am Card Games Noon Goodtime III 10:15am Bridge/Pinochle 12:30pm Coloring 1pm Beg. Line Dance 4pm Zumba Mixed 5:45pm E. Bingo 6pm</p>	<p>Mani's/Pedi's 8am 31. Zumba/Kick Fit 9am Handcrafts 9:30am Line Dance 10am NO Lunch 11:am Bingo Noon POUND FIT 3:30pm Country Music 6pm</p>	<p>Evening Quilting classes resume in September</p>	<p>Wii Bowling leagues start 9/11/17. Please sign up now.</p>