



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:00 Morning Coffee w/ Pastry 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD <b>1:00 Canasta &amp; Chickenfoot</b>	2
3  CYCLING WITHOUT AGE  <b>Watch for sign up.</b> We will be offering rides in August.	4 9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD <b>1:00 Games</b>	5 9:00 Morning Coffee	6 9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD <b>1:00 Rummikub</b> <b>3:30 Women's Bible Study</b>	7 9:00 Morning Coffee <b>10:00 Catholic Mass</b> <b>2:00 Wii Bowling</b>	8 9:00 Morning Coffee w/ Pastry 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD <b>1:00 Canasta &amp; Chickenfoot</b>	9
KELLY ON VACATION AUGUST 4-8						
10	11 9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD <b>1:00 Games</b>	12 9:00 Morning Coffee <b>8:45 Walmart</b> <b>2:00 Garden Party with Rootbeer Floats</b>	13 9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD <b>9:15 River Arts— Movie</b> 9:30 Chair Yoga DVD <b>1:00 Rummikub</b> <b>3:30 Women's Bible Study</b>	14 9:00 Morning Coffee <b>10:00 Catholic Communion</b> <b>2:00 Wii Bowling</b> <b>3:30 St John's Lutheran Church</b>	15 9:00 Morning Coffee w/ Pastry 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD <b>1:00 Canasta &amp; Chickenfoot</b>	16
17	18 9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD <b>1:00 Games</b>	19 9:00 Morning Coffee <b>8:30 Wellness Clinic</b> <b>10:40 Lunch Out</b> <b>1:00 Trivia</b>	20 9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD <b>2-6 Blood Drive</b> <b>1:00 Rummikub</b> <b>3:30 Women's Bible Study</b>	21 9:00 Morning Coffee <b>10:00 Catholic Communion</b> <b>1:00 Bingo with Julie</b> <b>2:00 Wii Bowling</b> <b>3:30 Calvary Baptist</b>	22 9:00 Morning Coffee w/ Pastry 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD <b>1:00 Canasta &amp; Chickenfoot</b>	23
24	25 9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD <b>1:00 Games</b>	26 9:00 Morning Coffee <b>4:30 Game Night</b>	27 9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD <b>9:00 Bible Study with Julie</b> 9:30 Chair Yoga DVD <b>1:00 Rummikub</b> <b>3:30 Women's Bible Study</b>	28 9:00 Morning Coffee <b>10:00 Catholic Communion</b> <b>2:00 Wii Bowling</b> <b>3:00</b>	29 9:00 Morning Coffee w/ Pastry 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD <b>1:00 Canasta &amp; Chickenfoot</b>	30
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