

# August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8:10 Cardio, Core & More 9:00 Exercise w/ purpose 10:45 Tai Chi 11:45 Arth Tai Chi 1:00 Inspiring Women	3 8:30 Weight/Strength <b>No Fitness &amp; Flexibility</b> 9:30 Bingo 11:30 Weight Watchers 1:00 Wii 4:00 Restorative Yoga 5:30 Line Dance	4 8:10 Cardio, Core & More 8:30 Massage 9:00 Exercise w/purpose 9:30 Make & Take Meals 10:00 Hooks & Needles 10:00 Board Meeting 10:45 Tai Chi 11:45 ArthTai Chi 12:30 Shibori Class 4:00 Yoga	5 8:00 Wii 8:30 Weight/Strength 8:30 Massage 9:15 Tap 10:00 Advance Tap 9:30 Fitness & Flexibility 10:45 Mid-Life The Crisis Musical 1:00 Joy of Singing 3:00 Line Dancing	6 8:10 Cardio, Core & More 9:00 Exercise w/ purpose 10:00 Felted Slippers 10:30 Blood Pressure ✓ 11:00 Hearing Aid✓ 11:30 Covered Dish 12:15 Pastor Casey Borger	7
8	9 8:10 Cardio, Core & More 9:00 Exercise w/ purpose 10:45 Tai Chi 11:45 Arth Tai Chi 1:00 Kansas Depots	10 8:30 Weight/Strength 9:30 Fitness & Flexibility 1:00 Wii 2:00 Eyeglass Cleaning 4:00 Restorative Yoga 5:30 Line Dance	11 8:10 Cardio, Core & More 8:30 Massage 9:00 Exercise w/purpose 10:45 Tai Chi 11:45 Arth Tai Chi 11:30 Weight Watchers 4:00 Yoga	12 8:00 Wii 8:30 Weight/Strength 8:30 Massage 9:15 Tap 10:00 Advance Tap 9:30 Fitness & Flexibility 10:00 Easy Library 1:00 Joy of Singing 1:00 Spiral Rope Bracelet 3:00 Line Dancing	13 8:10 Cardio, Core & More 9:00 Exercise w/ purpose 10:00 Felted Slippers 1:00 Grandparents Day	14
15	16 8:10 Cardio, Core & More 9:00 Exercise w/ purpose 9:45 Show & Tell 10:45 Tai Chi 11:45 Arth Tai Chi 1:00 You Can Master Digital Photography 5:00 Evening Bingo	17 8:30 Weight/Strength 9:30 Fitness & Flexibility 1:00 Wii 2:00 Eyeglass Cleaning 4:00 Restorative Yoga 5:30 Line Dance	18 <b>No Cardio, Core &amp; More</b> 8:30 Massage 8:30 Exercise w/purpose 9:30 Bingo 10:00 Hooks & Needles 10:45 Tai Chi 11:45 Arth Tai Chi 11:30 Weight Watchers 2:00 Caregiver Meeting 4:00 Yoga	19 8:00 Wii 8:30 Weight/Strength 8:30 Massage 9:00 Diabetic Review 9:15 Tap 10:00 Advance Tap 9:30 Fitness & Flexibility 1:00 Joy of Singing 3:00 Line Dancing 7:00 Jam Session	20 8:10 Cardio, Core & More 9:00 Exercise w/ purpose 10:00 Felted Slippers 10:30 Blood Pressure ✓ 11:30 Birthday & Anniversary Lunch 12:15 Denzel Alcorn & The Citations	21  7:00—10:00 am Biscuit & Gravy Breakfast
22	23 7:00 Firelake Casino 8:10 Cardio, Core & More 9:00 Exercise w/ purpose 10:00 Recycle Coupon Class 10:45 Tai Chi 11:45 Arth Tai Chi 3:00 Heartland Memorial	24 8:30 Weight/Strength 9:30 Fitness & Flexibility 1:00 Wii 3:00 Friendship Club 4:00 Restorative Yoga 5:30 Line Dance  Fold Newsletter	25 8:10 Cardio, Core & More 8:30 Massage 9:00 Exercise w/purpose 10:45 Tai Chi 11:45 Arth Tai Chi 11:30 Weight Watchers 4:00 Yoga	26 8:00 Wii 8:30 Weight/Strength 8:30 Massage 9:15 Tap 9:00 Diabetic Review 9:30 Fitness & Flexibility 10:00 Advance Tap 1:00 Joy of Singing 3:00 Line Dancing	27 8:10 Cardio, Core & More 9:00 Exercise w/ purpose 10:00 Spinal Screening 1:00 Medicare Update	28
29	30 8:10 Cardio, Core & More 9:00 Exercise w/ purpose 10:45 Tai Chi 11:45 Arth Tai Chi Sign-ups	31 8:30 Weight/Strength 9:30 Fitness & Flexibility 1:00 Wii 1:00 Senior Employment 4:00 Restorative Yoga 5:30 Line Dance				