

August 2011

Sun Mon Tue Wed Thu Fri Sat

	8:00 Water Exercises 1 9:00 Reflexology 10:00 Stay Strong/PW 11:30 Book & Salad Club 12:30 Pinochle 6:15 PoKeno	9:15 TAI CHI 2 10:00 Sit & Be Fit 11:00 River Front Park & Picnic Lunch Ouing 2:00 Wii Bowling	8:00 Water Exercises 3 10:00 Catholic Mass 10:00 Stay Strong/PW 1:00 Bridge 6:30 Movie Night Out	10:00 Sit & Be Fit 4 10:00/12:30 Grocery Runs 11:00 Computer Help 11:00 Blood Pressure 2:30 Organ Music 6:15 BUNKO	8:00 Water Exercises 5 10:00 Stay Strong/PW 12:00 Pizza Friday & Checkers Play 2:00 Wii Golfing 6:10 BINGO	10:00 Sit & Be Fit 6 11:00 Brain Teasers 1:00 Pool Hall 2:00 Movie Matinee & Popcorn @ ALF
10:30 Sunday Church Runs 2:00 Worship @ ALF	8:00 Water Exercises 8 10:00 Stay Strong/PW 11:30 Garden Club 12:30 Pinochle 6:15 PoKeno	9:15 TAI CHI 9 9:30 Coffee Time 10:00 Casino Outing 10:00 Sit & Be Fit 2:00 Wii Bowling	8:00 Water Exercises 10 10:00 Massage 10:00 Stay Strong/PW 11:30 CRAFTS 1:00 Bridge	10:00 Sit & Be Fit 11 10:00 Fred Meyer 11:00 Blood Pressure 12:30 Albertsons 2:00 Beading Class 6:15 BUNKO	8:00 Water Exercises 12 9:30 Bird Air Museum & Lunch Day Trip 2:00 Wii Golfing 6:10 BINGO	10:00 Sit & Be Fit 13 10:30 Coffee Time 1:00 Pool Hall 2:00 Movie Matinee & Popcorn @ ALF
10:30 Sunday Church Runs 2:00 Worship @ ALF	8:00 Water Exercises 15 9:45 Hearing Clinic 10:00 Stay Strong/PW 12:30 Pinochle 6:15 PoKeno	9:15 TAI CHI 16 10:00 Sit & Be Fit 10:30 Waste to Management Tour 2:00 Wii Bowling	8:00 Water Exercises 17 9:45 Northtown Mall 10:00 Stay Strong/PW 11:00 Physical Therapy 1:00 Bridge 6:00 Entertainment	8:30 Men's Breakfast 18 10:00 Sit & Be Fit 10:00/12:30 Grocery Runs 11:00 Blood Pressure 1:45 Library Outreach 6:15 BUNKO	8:00 Water Exercises 19 10:00 Stay Strong/PW 12:00 Putting on the Green & Outdoor Tea 2:00 Wii Golfing 6:10 BINGO	10:00 Sit & Be Fit 20 10:30 Coffee Time 1:00 Pool Hall 2:00 Movie Matinee & Popcorn @ ALF
10:30 Sunday Church Runs 2:00 Worship @ ALF	8:00 Water Exercises 22 9:30 Coffee Time 10:00 Stay Strong/PW 12:30 Pinochle 6:15 PoKeno	9:15 TAI CHI 23 10:00 Sit & Be Fit 11:30 Lei Making 2:00 Wii Bowling 4:30 LUAU DINNER 6:00 HULA SHOW	8:00 Water Exercises 24 9:30 Coffee Time 10:00 Stay Strong/PW 1:00 Bridge 4:00 Supper Club	10:00 Sit & Be Fit 25 10:00 Fred Meyer 11:00 Blood Pressure 12:30 Albertsons 2:00 ART CLUB 6:15 BUNKO	8:00 Water Exercises 26 10:00 Stay Strong/PW 12:00 Under the Sea Luncheon & Activites 2:00 Wii Golfing 6:10 BINGO	10:00 Sit & Be Fit 27 10:30 Coffee Time 1:00 Pool Hall 2:00 Movie Matinee & Popcorn @ ALF
10:30 Sunday Church Runs 2:00 Worship @ ALF	8:00 Water Exercises 29 10:00 Stay Strong/PW 11:30 Birthday Party 12:30 Pinochle 6:15 PoKeno	9:15 TAI CHI 30 10:00 Sit & Be Fit 10:00 Hills Resort & Prist Lake Outing 2:00 Wii Bowling	8:00 Water Exercises 31 9:30 Coffee Time 10:00 Stay Strong/PW 1:00 Bridge 6:00 Entertainment			