

MON	TUE	WED	THU	FRI
<b>1</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:00 Laugh Out Loud 10:00 Chair Exercise 11:00 Brain Games 12:00 Lunch Served	<b>2</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:15 Chair Yoga 10:00 Word Games 11:00 Bingo 12:00 Lunch Served	<b>3</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:15 Knitting Group 8-12 Open Art Studio 11:00 Music and Rhythm 12:00 Lunch Served	<b>4</b> 8:00 Coffee, Tea & Chat 8:00-10:00 Table Games 9:00 Inspirations 11:00 Group Trip to Cracker Barrel	<b>5</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:00 Trivia 10:00 Exercise Class 11:00 Bingo 12:00 Lunch Served
<b>8</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:00 Tech Time 10:00 Chair Exercise 11:00 Nutrition class 12:00 Lunch Served	<b>9</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:15 Chair Yoga 10:00 Word Games 11:00 Bingo 12:00 Lunch Served	<b>10</b> 8-12:00 Coffee/Chat/Cards 9:15 Knitting Group 8-12 Open Art Studio 10:00 Shake & Make Homemade Ice Cream! 12:00 Lunch Served	<b>11</b> 8:00 Coffee, Tea & Chat 8:00-10:00 Table Games 9:00 Inspirations 11:00 Group Trip to Wok and Chop Chinese lunch	<b>12</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:00 Charades 10:00 Exercise Class 11:00 Bingo 12:00 Lunch Served
<b>15</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:30 BP Checks w/ MFD 10:00 Chair Exercise 11:00 Trivia 12:00 Lunch Served	<b>16</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:15 Chair Yoga 10:00 Health Presentation 11:00 Bingo 12:00 Lunch/Birthday Party	<b>17</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:15 Knitting Group 8-12 Open Art Studio 11:00 Music and Rhythm 12:00 Lunch Served	<b>18</b> 8:00 Coffee, Tea & Chat 8:00-10:00 Table Games 9:00 Site Council 10:00 Group Trip to Target, Dollar store Brooklyn Joes	<b>19</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:00 Improve your Memory 10:00 Exercise Class 11:00 Bingo 12:00 Lunch Served
<b>22</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:00 10:00 Chair Exercise 11:00 Armchair Travel 12:00 Lunch Served	<b>23</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:15 Chair Yoga 10:00 Word Games 11:00 Bingo 12:00 Lunch Served	<b>24</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:15 Knitting Group 8-12 Open Art Studio 11:00 Music and Rhythm 12:00 Lunch Served	<b>25</b> 8:00 Coffee, Tea & Chat 8:00-10:00 Table Games 9:00 Inspirations 11:00 Group Trip to Golden Corral	<b>26</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:00 Brain Teasers 10:00 Exercise Class 11:00 Bingo 12:00 Lunch Served
<b>29</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:00 Laugh Out Loud 10:00 Chair Exercise 11:00 Improve Your Memory 12:00 Lunch Served	<b>30</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:15 Chair Yoga 10:00 Photo Share 11:00 Bingo 12:00 Lunch Served	<b>31</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:15 Knitting Group 8-12 Open Art Studio 11:00 Music and Rhythm 12:00 Lunch Served		<b>Birthdays</b>  Don 8/2 Jiqing 8/3