

August

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Special Dates

August 5th- Committee on Aging meeting @ 8:30am
 August 7th- 70th Anniversary Celebration 3-6 pm
 August 16th- Monthly Birthday Party
 August 20th- SC closed 1-4 pm
 August 24th- Back to School Carnival (8:30 - 10:30)

1

8:00 ADRC Benefit Specialist
 9:00 Cardio Drumming
 9:15 Simply Seniors
 11:30 Lunch
 1:00 Sheepshead

2

8:30 Quilting
 9:00 BINGO Brunch
 9:00 Make-up Yoga
 10:15 Make-up Enerchi
 11:30 Lunch
 12:00 Dental Appts

5

8:00 Committee on Aging
 9:00 Yoga
 10:00 Fitness Fun
 11:30 Lunch
 12:00 Footcare Appts
 1:00 Movie: My Girl

6

8:30 Footcare Appts
 9:15 Simply Seniors
 9:30 Mahjong
 10:30 Arthritis Exercise
 11:30 Lunch
 1:00 BINGO
 1:00 Dominoes
 1:00 *Let's Get Moving*

7

8:30 Footcare Appts
 9:00 Yoga
 10:00 Card Creators
 10:15 EnerChi
 11:30 Lunch
 1:30 Cribbage
70th Anniversary Celebration 3-6 pm (Central Park West)

8

9:00 Cardio Drumming
 9:15 Simply Seniors
 11:30 Lunch
 1:00 Sheepshead
 12:00- Friends of the TRSC Board Meeting

9

8:30 Quilting
 9:00 BINGO Brunch
 11:30 Lunch
 12:00 Dental Appts
 Creation Station reservation deadline

12

9:00 Yoga
 10:00 Fitness Fun
 11:30 Lunch
 12:00 Footcare Appts
 1:00 Movie: Secondhand Lions

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8:30 Footcare Appts
 9:15 Simply Seniors
 9:30 Mahjong
 10:30 Arthritis Exercise
 10:30 Blood Pressure Screening
 11:30 Lunch
 1:00 BINGO
 1:00 Dominoes
 1:00 *Let's Get Moving*

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8:30 Footcare Appts
 9:00 Yoga
 10:00 Card Creators
 10:15 EnerChi
 11:30 Lunch
 1:30 Cribbage

15

9:00 Cardio Drumming
 9:15 Simply Seniors
 11:30 Red Hattitudes
 11:30 Lunch
 1:00 Sheepshead

16

8:30 Quilting
 9:00 BINGO Brunch
 11:30 Lunch
 12:00 Dental Appts
1:30-2:30pm- Birthday Party!
 Creation Station pick up

19

9:00 Yoga
 10:00 Fitness Fun
 11:30 Lunch
 12:00 Footcare Appts
 1:00 Movie: Newsies

20

8:30 Footcare Appts
 9:15 Simply Seniors
 9:30 Mahjong
 10:30 Arthritis Exercise
 11:30 Lunch
**SC CLOSED 1-4 pm
 NO AFTERNOON ACTIVITIES**

21

8:30 Footcare Appts
 9:00 Yoga
 10:00 Card Creators
 10:15 EnerChi
 11:30 Lunch
 1:30 Cribbage

22

9:00 Cardio Drumming
 9:15 Simply Seniors
 11:30 Lunch
 1:00 Sheepshead
 Collette Travel Show @ 1pm

23

8:30 Quilting
 9:00 BINGO Brunch
 11:30 Lunch
 12:00 Dental Appts

26

9:00 Yoga
 10:00 Fitness Fun
 11:30 Lunch
 12:00 Footcare Appts
 1:00 Movie: Peppermint

27

8:30 Footcare Appts
 9:15 Simply Seniors
 9:30 Mahjong
 10:30 Arthritis Exercise
 11:30 Lunch
 1:00 BINGO
 1:00 Dominoes
 1:00 *Let's Get Moving*

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8:30 Footcare Appts
 9:00 Yoga
 10:00 Card Creators
 10:15 EnerChi
 11:30 Lunch
 1:30 Cribbage

29

9:00 Cardio Drumming
 9:15 Simply Seniors
 11:30 Lunch
 1:00 Sheepshead

30

8:30 Quilting
 9:00 BINGO Brunch
 11:30 Lunch
 12:00 Dental Appts

Call 920-793-5596 to sign up for classes and activities today!