

# Activities

# AUGUST 2022

Mon	Tue	Wed	Thu	Fri
1 Chair Exercises 10 a.m.	2	3 NO cardio	4 Drawing & Watercolor Class 1 to 3 p.m.	5 Cards 12:30 p.m.  Film Friday 1 p.m.
8 Chair Exercises 10 a.m.	9 Root Beer Floats 1 p.m.  Bingo 2 p.m.	10 Cardio 10 a.m.  (Bratwurst order and money due)	11 COA Members Dinner 2:30 p.m.	12 Cards 12:30 p.m.  Film Friday 1 p.m.
15 Chair Exercises 10 a.m.	16 Crestline Bingo 2 p.m.	17 Cardio 10 a.m.  Crochet Circle 1:30 p.m.	18 Bratwurst Celebration 12:30 p.m.	19 Cards 12:30 p.m.  Film Friday 1 p.m.
22 Chair Exercises 10 a.m.	23 Painting Class 1 p.m.	24 Cardio 10 a.m.	25 Banana Split Social 1 p.m.	26 Cards 12:30 p.m.  Film Friday 1 p.m.
29 Chair Exercises 10 a.m.	30	31 Cardio 10 a.m.  Alzheimer's presentation 1 p.m.		