

## Columbia County Senior Services August 2017

Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 8 – Fitness Center 8:45 – DR – Breakfast 10 – SR – Crochet 10 – AR – Ceramics 10 – RR – Cards 10 – Tai Chi - DR 10:30 – MM – Bible Study 11:45 – DR – Lunch 12:30 – SR – Geri-Actors 12:45 – DR – Ladder Ball 1:30 – DR - Danceroletics	<b>2</b> 8 – Fitness Center 8:45 – DR – Breakfast 10 – SR – Quilting 10 – AR – Jewelry Making Class 10:45 – DR – Birthday Luncheon @ St. Paul Missionary Church 12:45 – DR – Xbox Bowling	<b>3</b> 8 – Fitness Center 8:45 – DR – Breakfast 9 – BR – PEARLS 10 – BR – Caregivers Group 10 – MM - FCGS 10 – RR – Cards 10 – AR – Plastic Canvas Class 11:45 – DR – Lunch 12:30 – MM - Movie 12:30 – SR – Geri-Actors 12:30 – DR – Tai Chi 1 – SR – Book Club 1:30 – DR – Flex Yoga	<b>4</b> 8 – Fitness Center 8:45 – DR – Breakfast 10 – Cards – RR 10:30 – DR – Kitchen Band 11:45 – DR – Lunch 12:45 – DR – Bingo 1:30 – DR – Danceroletics 7 – Friday Night Dance	<b>5</b>
<b>7</b> 8 – Fitness Center 8:45 – DR - Breakfast 10 – AR – Arts & Crafts 10 – RR – Cards 11:45 – DR - Lunch 12:45 – DR - Bingo 1 – AR – Woodcarvers 1 – MM – Bridge Players 1:30 – DR – Flex Yoga	<b>8</b> 8 – Fitness Center 8:45 – DR - Breakfast 10 – SR – Crochet 10 – AR – Ceramics 10 – RR – Cards 10 – Tai Chi - DR 10:30 – MM – Bible Study 11:45 – DR - Lunch 12:30 – SR – Geri-Actors 12:45 – DR – Ladder Ball 1:30 – DR - Danceroletics	<b>9</b> 8 – Fitness Center 8:45 – DR - Breakfast 10 – SR – Quilting 10 – AR – Jewelry Making Class 10:45 – DR - Live Entertainment – Kenny Burt 12:45 – DR – Xbox Bowling	<b>10</b> 8 – Fitness Center 8:45 – DR – Breakfast 10 – BR – Caregivers Group 10:30 – DR – Chair Volleyball 10 – RR – Cards 10 – AR – Plastic Canvas Class 11:45 – DR – Lunch 12:30 – MM - Movie 12:30 – SR – Geri-Actors 12:30 – DR – Tai Chi 1:30 – DR – Flex Yoga	<b>11</b> <i>Western Attire Today</i> 8 – Fitness Center 8:45 – DR – Breakfast 10 – Cards – RR 10:30 – DR – Kitchen Band 11:15 – DR – Cassie & Friends 11:45 – DR – Lunch 12:45 – DR – Bingo 1:30 – DR – Danceroletics 2 – BR – Alzheimer Support 7 – Friday Night Dance	<b>12</b> 5:30 – Murder Mystery Dinner Theater
<b>14</b> 8 – Fitness Center 8:45 – DR - Breakfast 10 – AR – Arts & Crafts 10 – RR – Cards 11:45 – DR - Lunch 12:45 – DR - Bingo 1 – AR – Woodcarvers 1 – MM – Bridge Players 1:30 – DR – Flex Yoga	<b>15</b> 8 – Fitness Center 8:45 – DR - Breakfast 10 – SR – Crochet 10 – AR – Ceramics 10 – RR – Cards 10 – DR – SHINE 10 – DR – Tai Chi 10:30 – MM – Bible Study 11:45 – DR - Lunch 12:30 – SR – Geri-Actors 12:45 – DR – Ladder Ball 1:30 – DR – Danceroletics 2 – MM - NARFE	<b>16</b> 8 – Fitness Center 8:45 – DR - Breakfast 10 – SR – Quilting 10 – AR – Jewelry Making Class 10:45 – DR - Live Entertainment – Leroy Newton 12:45 – DR – Xbox Bowling	<b>17</b> 8 – Fitness Center 8:45 – DR – Breakfast 9:30 – MM – Nutrition Education 9 – BR - Pearls 10 – RR – Cards 10 – AR – Plastic Canvas Class 11:45 – DR – Lunch 12:30 – MM - Movie 12:30 – SR – Geri-Actors 12:30 – DR – Tai Chi 1:30 – DR – Flex Yog	<b>18</b> 8 – Fitness Center 8:45 – DR – Breakfast 10 – Cards – RR 10:30 – DR – Kitchen Band 11:45 – DR – Lunch 12:45 – DR – Bingo 1:30 – DR – Danceroletics 7 – Friday Night Dance	<b>19</b>
<b>21</b> 8 – Fitness Center 8:45 – DR - Breakfast 10 – AR – Arts & Crafts 10 – RR – Cards 10 – DR Kitchen Band 11:45 – DR - Lunch 12:45 – DR - Bingo 1 – AR – Woodcarvers 1 – MM – Bridge Players 1:30 – DR – Flex Yoga	<b>22</b> 8 – Fitness Center 8:45 – DR - Breakfast 10 – SR – Crochet 10 – AR – Ceramics 10 – RR – Cards 10 – DR – Tai Chi 10:30 – MM – Bible Study 11:45 – DR - Lunch 12:30 – SR – Geri-Actors 12:45 – DR – Ladder Ball 1:30 – DR - Danceroletics	<b>23</b> 8 – Fitness Center 8:45 – DR - Breakfast 10 – SR – Quilting 10 – AR – Jewelry Making Class 10:45 – DR - Live Entertainment – Martengale Duo 12:45 – DR – Xbox Bowling	<b>24</b> 8 – Fitness Center 8:45 – DR – Breakfast 10 – RR – Cards 10 – AR – Plastic Canvas Class 11:45 – DR – Lunch 12:30 – MM - Movie 12:30 – SR – Geri-Actors 12:30 – DR – Tai Chi 1:30 – DR – Flex Yoga 5 – DR – Sr. Crime Awareness	<b>25</b> 8 – Fitness Center 8:45 – DR – Breakfast 10 – Cards – RR 10:30 – DR – Kitchen Band 11:45 – DR – Lunch 12:45 – DR – Bingo 1:30 – DR – Danceroletics 2 – BR – Alzheimer Support 7 – Friday Night Dance	<b>26</b>
<b>28</b> 8 – Fitness Center 8:45 – DR - Breakfast 10 – AR – Arts & Crafts 10 – RR – Cards 10:45 – DR – Pearl Reed 11:45 – DR - Lunch 12:45 – DR - Bingo 1 – AR – Woodcarvers 1 – MM – Bridge Players 1:30 – DR – Flex Yoga	<b>29</b> 8 – Fitness Center 8:45 – DR - Breakfast 10 – SR – Crochet 10 – AR – Ceramics 10 – RR – Cards 10 – DR – Tai Chi 10:30 – MM – Bible Study 11:45 – DR - Lunch 12:30 – SR – Geri-Actors 12:45 – DR – Ladder Ball 1:30 – DR - Danceroletics	<b>30</b> 8 – Fitness Center 8:45 – DR - Breakfast 10 – SR – Quilting 10 – AR – Jewelry Making Class 10:45 – DR - Live Entertainment - Pearl 12:45 – DR – Xbox Bowling	<b>31</b> 8 – Fitness Center 8:45 – DR – Breakfast 10 – DR – Chair Volleyball 10 – RR – Cards 10 – AR – Plastic Canvas Class 11:45 – DR – Lunch 12:30 – MM - Movie 12:30 – SR – Geri-Actors 12:30 – DR – Tai Chi 1 – RR – Beginning Computer 1:30 – DR – Flex Yoga 2:30 – RR – Adv'd Computer		