



August Activities

Live well and love life!



Mon	Tue	Wed	Thu	Fri
1) 11AM Chapel GS	2) Silver Sneakers 9:30AM-Circuit 10:30AM-Classic 1PM Bingo-HA	3) Movie Matinee 1:00PM "I can only Imagine" GS	4) Silver Sneakers 9:30AM-Circuit 10:30AM-Classic 10AM Rummikub WC 1PM Card Games	5) 9AM Coffee & Donuts CB
8) 9AM Pool Tour- nament 11AM Chapel GS 1PM Show n Tell with the Metzlers	9) Silver Sneakers 9:30AM-Circuit 10:30AM-Classic 1 PM Bingo-CB	10) 12PM s'mores At WC 2PM Board Games	11) 9:30AM Shopping trip to Adrian MI Lunch at Red Lobster to follow Silver Sneakers 9:30AM-Circuit 10:30AM-Classic	12) 9AM Donuts HA 2PM Jam Ses- sion with Ed Roth WC
15) 9AM Pool Tour- nament 1 PM Wyse Readers book club WC-Library	16) Silver Sneakers 9:30AM-Circuit 10:30AM-Classic 1PM Wii Bowling-GS	17) 10AM Card Games CB 1PM Corn Hole WC	18) Silver Sneakers 9:30AM-Circuit 10:30AM-Classic 10AM Corn Hole WC 1PM Craft	19) 9AM Donuts WC 11AM Hearing Aid Battery Check & Cleaning GS
22) 11AM Chapel GS 12:30PM Ice Cream Social WC	23) Silver Sneakers 9:30AM-Circuit 10:30AM-Classic 1PM Bingo-WC	24) Board Games & Card Games 10am-12pm WC	25) Silver Sneakers 9:30AM-Circuit 10:30AM-Classic 10AM Bus Trip Putt Putt Golfing Defiance Lunch to follow	26) 2PM Jam Session with Ed Roth WC
29) 11AM Chapel GS 1PM Board Games-HA	30) Silver Sneakers 9:30AM-Circuit 10:30AM-Classic 1PM Wii Bowling-GS	31)		CB-Community Bldg HA-Haven Apt. WC-Wyse Commons GS-Gathering Space



SilverSneakers

Due to popular demand SILVER SNEAKER Classes are back through September, each Tuesday and Thursday in Wyse Commons Gathering Space!

9:30AM Circuit Class-Standing Exercises

10:30AM Classic Class-Sitting Down Exercises