

# Senior Programs — August 2024

Mon	Tue	Wed	Thu	Fri
Jul 29	30	31	Aug 1	2
10:00am <b>Seated SAIL</b>  11:15am Garden Club <u>11:40am NEW Seated SAIL</u> with Jan 12:45pm <b>NEW</b> Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Breakfast for Lunch</i> <b>Pajama Party and Bingo</b>	10:00am <b>Seated SAIL</b>  Music & Memories 12:00-1:00pm  Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL <b>Aerobics</b>  Krafty Krafter's Open House 11:30am-2:00pm  Seeds of Change Dinner 5:30-6:30pm	
5	6	7	8	9
10:00am <b>Seated SAIL</b>  11:15am Garden Club <u>11:40am NEW Seated SAIL</u> with Jan 12:45pm <b>NEW</b> Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Picnic Lunch</i> <b>Tidbit Tuesday with Lisa, Wesley at Tehaleh</b>	10:00am <b>Seated SAIL</b>  Music & Memories   Opening Minds Thru Art 12:00-1:00pm      1:00-2:00pm  <b>Field Trip to Pioneer Park for Concert at 6:30pm</b>	10:00am SAIL <b>Aerobics</b>  Krafty Krafter's Open House 11:30am-2:00pm  Seeds of Change Dinner 5:30-6:30pm	
12	<b>Birthday Lunch</b> 13	14	15	16
10:00am <b>Seated SAIL</b>  11:15am Garden Club <u>11:40am NEW Seated SAIL</u> with Jan 12:45pm <b>NEW</b> Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Lunch Lady Special by Donna</i> <b>Entertainment by Hank Blumenthal</b>	10:00am <b>Seated SAIL</b>  Music & Memories 12:00-1:00pm  Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL <b>Aerobics</b>  <b>Brain Games with Multicare 11:15am</b>  Krafty Krafter's Open House 11:30am-2:00pm  Seeds of Change Dinner 5:30-6:30pm	
19	20	21	22	23
10:00am <b>Seated SAIL</b>  11:15am Garden Club <u>11:40am NEW Seated SAIL</u> with Jan 12:45pm <b>NEW</b> Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Baked Potato Bar</i> <b>Mexican Train Dominoes</b>	10:00am <b>Seated SAIL</b>  Music & Memories 12:00-1:00pm  Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL <b>Aerobics</b>  Krafty Krafter's Open House 11:30am-2:00pm  Seeds of Change Dinner 5:30-6:30pm	
26	27	28	29	30
10:00am <b>Seated SAIL</b>  11:15am Garden Club <u>11:40am NEW Seated SAIL</u> with Jan 12:45pm <b>NEW</b> Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Lunch Lady Special by Kate</i> <b>Bingo</b>	10:00am <b>Seated SAIL</b>  Music & Memories 12:00-1:00pm  Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL <b>Aerobics</b>  <b>Brain Games with Multicare 11:15am</b>  Krafty Krafter's Open House 11:30am-2:00pm  Seeds of Change Dinner 5:30-6:30pm	<b>SAIL Training Class 7:30—4:00</b>