


# Senior Wellness Programs — August 2025

Mon	Tue	Wed	Thu	Fri	
28	29	30	31	Aug 1	
10:00am <b>Seated SAIL</b>  <u>11:40am Seated SAIL</u> with Jan 12:45pm Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Chicken Salad Sandwiches</i>	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>11:15am Brain Games with Multicare</b>  Krafty Krafte's Open House 11:30am-2:00pm  Seeds of Change Dinner 5:30-6:30pm	 <div>August is a time of growing up, of forgotten forever's, full of the sweetest intent."</div>	
4	5	6	7		8
10:00am <b>Seated SAIL</b>  <u>11:40am Seated SAIL</u> with Jan 12:45pm Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Breakfast for lunch</i> <b>Tidbit Tuesday with Lindsey with ADRC</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>11:15am Brain Games with Multicare</b>  Krafty Krafte's Open House 11:30am-2:00pm  Seeds of Change Dinner 5:30-6:30pm		
11	<b>Birthday Celebration</b> 12	13	14		15
10:00am <b>Seated SAIL</b>  <u>11:40am Seated SAIL</u> with Jan 12:45pm Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Hawaiian Meal</i> <b>Entertainment by Naomi Morgan</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>11:15am Brain Games with Multicare</b>  Krafty Krafte's Open House 11:30am-2:00pm  Seeds of Change Dinner 5:30-6:30pm 6:30pm   Veggie Gardening with Ease		
18	19	20	21		22
10:00am <b>Seated SAIL</b>  <u>11:40am Seated SAIL</u> with Jan 12:45pm Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Baked Ziti</i> <b>Family Feud</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>11:30am Guest Speaker, Jordan Drew</b>  Krafty Krafte's Open House 11:30am-2:00pm  Seeds of Change Dinner 5:30-6:30pm		
25	26	27	28		29
10:00am <b>Seated SAIL</b>  <u>11:40am Seated SAIL</u> with Jan 12:45pm Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Tater Tot Casserole</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>11:15am Brain Games with Multicare</b>  Krafty Krafte's Open House 11:30am-2:00pm  Seeds of Change Dinner 5:30-6:30pm		