



# AUGUST 2022



**LUNCH!**  
Thursdays  
11:30-12:30 \$5 pp  
RSVP by TUESDAY

## LUNCH MENU



This month we are cooking up light and refreshing meals like salads, sandwiches, cold soups, and delicious desserts!

If you have extra veggies from your garden we would love to include them in our menu!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div>1</div> 9:00 Kripalu Yoga 10:30 Age in Motion - II 1:00 Chair Yoga 1:00 Bowling @ YL	<div>2</div> 10:30 Age in Motion - I 11:00 TurnUp Gardeners 1:00 Bridge 2:00 Movie: <i>Bob Ross - Happy Accidents, Betrayal and Greed</i>	<div>3</div> 9:00 Gentle Yoga 10:15 Qijong 10:30 Cribbage 1:00 Senior Swingers	<div>4</div> 9:00 Quilts R'Us 10:00 Knitting Corner 10:30 Age in Motion I 	<div>5</div> 9:00 Computer Help 10:30 Age in Motion - II 12:30 BINGO! 1:00 Bowling @ YL 1:00 Jewelry Class	<div>6</div> 10:30 Age in Motion - I (ZOOM from home)
	<div>8</div> 9:00 Kripalu Yoga 10:30 Age in Motion - II 1:00 Chair Yoga 1:00 Bowling @ YL	<div>9</div> 10:30 Age in Motion - I 11:00 TurnUp Gardeners 1:00 Bridge 2:00 Movie: <i>The Janes</i>	<div>10</div> 9:00 Gentle Yoga 10:15 Qijong 10:30 Cribbage 1:00 Senior Swingers	<div>11</div> 9:00 Quilts R'Us 10:00 Knitting Corner 10:30 Age in Motion I 12:30 Ted Talks 	<div>12</div> 9:00 Computer Help 10:30 Age in Motion - II 12:30 BINGO! 1:00 Bowling @ YL 1:00 Handmade Cards	<div>13</div> 10:30 Age in Motion - I (ZOOM from home)
	<div>15</div> 9:00 Kripalu Yoga 10:30 Age in Motion - II 1:00 Chair Yoga 1:00 Bowling @ YL	<div>16</div> 10:30 Age in Motion - I 11:00 TurnUp Gardeners 1:00 Bridge 1:30 CV@H Coffee at Panera's 2:00 Movie: <i>The Matrix Resurrections</i>	<div>17</div> 9:00 Gentle Yoga 10:15 Qijong 10:30 Cribbage 1:00 Senior Swingers	<div>18</div> 9:00 Quilts R'Us 10:00 Knitting Corner 10:30 Age in Motion I 	<div>19</div> 9:00 Computer Help 10:30 Age in Motion - II 12:30 BINGO! 1:00 Bowling @ YL 1:00 Jewelry Class	<div>20</div> 10:30 Age in Motion - I (ZOOM from home)
	<div>22</div> 9:00 Kripalu Yoga 10:30 Age in Motion - II 1:00 Chair Yoga 1:00 Bowling @ YL <b>1:00 Pickle-Making</b>	<div>23</div> 10:30 Age in Motion - I 11:00 TurnUp Gardeners 1:00 Bridge 2:00 Movie: <i>Dr. Strange in the Multiverse of Madness</i> <b>6:00 Soul Collage</b>	<div>24</div> 9:00 Gentle Yoga 10:15 Qijong 10:30 Cribbage 1:00 Senior Swingers	<div>25</div> 9:00 Quilts R'Us 10:00 Knitting Corner 10:30 Age in Motion I 	<div>26</div> 9:00 Computer Help 10:30 Age in Motion - II 12:30 BINGO! 1:00 Bowling @ YL 1:00 Handmade Cards	<div>27</div> 10:30 Age in Motion - I (ZOOM from home)
	<div>29</div> 9:00 Kripalu Yoga 10:30 Age in Motion - II 1:00 Chair Yoga 1:00 Bowling @ YL	<div>30</div> 10:30 Age in Motion - I 11:00 TurnUp Gardeners 1:00 Bridge 2:00 Movie: <i>Rolling Thunder Review - A Bob Dylan Story</i>	<div>31</div> 9:00 Gentle Yoga 10:15 Qijong 10:30 Cribbage 1:00 Senior Swingers	<div> <p>"There are three important signs of aging. The first is memory loss. I forget the other two."</p> </div>		