



Monday	Tuesday	Wednesday	Thursday	Friday
			 Back To School	1 7:30 am—1 pm Coffee Shop 9:00 am Fitness Class 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm Bunco-\$1 entry 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance <i>Featuring The Huckleberrys</i>
4 12-1 pm Team Trivia 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 9:00 am Senior Companion Meeting 9:00 am Senior Yoga (CD) 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Tens Card Game 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Bunco-\$1 entry 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 12:30 pm Chair Fitness Variety 1:00 pm Drumming Class	5 7:30 am—1 pm Coffee Shop 9:00 am Quilting Club 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train, Unlucky 7 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong	6 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness 1:30 pm Beginning Spanish	7 10 am Book Discussion Group 1 pm Karaoke on the stage 7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tatting 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Balance Class 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group	8 7:30 am—1 pm Coffee Shop 9:00 am Fitness Class 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance <i>Featuring The Embers</i>
11 1 pm Birthday Party (2nd Monday) Guitar Player Steven Grone <i>Cake sponsored by Hillcrest Care Center</i> 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Tens Card Game 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate	12 1 pm Games and Treats with Bickford 7:30 am—1 pm Coffee Shop 9:00 am Quilting Club 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong	13 9-11 am Siouxland Hearing Health Hearing Tests 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness 1:30 pm Beginning Spanish	14 1 pm Karaoke on the stage 7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tatting 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Balance Class 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group	15 7:30 am—1 pm Coffee Shop 9:00 am Fitness Class 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm Bunco-\$1 entry 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance <i>Featuring Country Brew</i> Saturday, August 16, 7-10 pm Saturday Night Dance Party <i>featuring Bob Merchant and the Shadows</i>
18 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Tens Card Game 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Bunco-\$1 entry 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 12:30 pm Chair Fitness Variety 1:00 pm Drumming Class	19 7:30 am—1 pm Coffee Shop 9:00 am Quilting Club 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong	20 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness 1:30 pm Beginning Spanish	21 1 pm Karaoke on the stage 7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tatting 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Balance Class 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong	22 7:30 am—1 pm Coffee Shop 9:00 am Fitness 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance <i>Featuring Jerry O’Dell’s Country Flavor Band</i>
25 12-1 pm Team Trivia 11-3 pm AARP Safe Driving Class 1 pm Parkinson’s Support Group 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Tens Card Game 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 12:30 pm Chair Fitness Variety 1:00 pm Drumming Class	26 1-3 pm Jukebox Dance Party 7:30 am—1 pm Coffee Shop 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong	27 10 am Technology Class: Emojis, GIFs and More 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness 1:30 pm Beginning Spanish	28 1 pm Karaoke on the stage 7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tatting 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Balance Class 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group	30 7:30 am—1 pm Coffee Shop 9:00 am Fitness 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance <i>Featuring 4 on the Road</i>