


August 2021

Questions? Call (712) 255-1729 OPEN: Monday- 8-4:00 p.m. Tues-Friday 8:00 am-2:30 p.m., Except 2nd & 4th Fridays 3:00 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:00 am Scrapbooking 9:00 am Senior Yoga (CD) 9:00 am Silver Sneakers Classic Fitness 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:30 pm Movie "The Natural" 12:30 pm Siouxsland Dup. Bridge (Open) 1:00 pm Pinochle 1:30 pm Walking off the Pounds</p>	<p>3</p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 11:30 pm Mexican Train 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p>4</p> <p>9:00 am Yoga w/Dixie 9:00 am Silver Sneakers Classic Fitness 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Bridge -Mens 12:30 pm Tatting 101 1:00 pm Coloring Corner 1:00 pm Phase 10 1:30 pm Walking off the Pounds</p>	<p>5</p> <p>10:00 a.m.-Book Club in the Library (1st Thursday)</p> <p>9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Advanced) 9:00 am Rock Steady Boxing (Fee) 9:00 am Senior Yoga (CD) 9:30 am Rock Steady Boxing (Fee) 10:00 am Line Dance-(Beginner) 11:00 am Line Dance-(Intermediate Beginner) 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Men's & Women's Social Group 1:00 pm Ping Pong</p>	<p>6</p> <p>9:00 am Fitness with Dixie 9:30 am Wii Bowling 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S- meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time</p> <p style="text-align: center;">No Friday Dance</p>
<p>9</p> <p>9:30 am Grief Support (2nd Monday) 1:00 p.m. Birthday Party (2nd Monday) Hosts: Staff / Volunteers Entertainment: Center Stage Tappers Treat Providers: Continental Springs & Countryside Health Care Center</p> <p>8:00 am Scrapbooking 9:00 am Senior Yoga (CD) 9:00 am Silver Sneakers Classic Fitness 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:30 pm Siouxsland Dup. Bridge (Open) 1:00 pm Pinochle 1:30 pm Walking off the Pounds</p>	<p>10</p> <p>1:00 p.m. Activity with B.A.M Trivia and Floats (Sign up- Limit of 15) (2nd Tuesday)</p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 11:30 pm Mexican Train 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p>11</p> <p>9:00 am Yoga w/Dixie 9:00 am Silver Sneakers Classic Fitness 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Bridge -Mens 12:30 pm Tatting 101 1:00 pm Coloring Corner 1:30 pm Walking off the Pounds</p>	<p>12</p> <p>9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Advanced) 9:00 am Rock Steady Boxing (Fee) 9:00 am Senior Yoga (CD) 10:00 am Line Dance-(Beginner) 11:00 am Line Dance-(Intermediate Beginner) 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Men's & Women's Social Group 1:00 pm Ping Pong</p>	<p>13</p> <p>10:30 am Genealogy Class (2nd Friday) 11:00 a.m. Continental Creations Button Flowers (Sign up- Limit of 15) (2nd Friday)</p> <p>9:00 am Fitness with Dixie 10:00 -11:30 am Blood Pressures- (Mercy) 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S- meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00-3:00 pm Friday Dance</p> <p style="text-align: center;">Featuring "4 On the Road"</p>
<p>16</p> <p>8:00 am Scrapbooking 9:00 am Senior Yoga (CD) 9:00 am Silver Sneakers Classic Fitness 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:30 pm Movie "Superman Returns" 12:30 pm Siouxsland Dup. Bridge (Open) 1:00 pm Pinochle 1:30 pm Walking off the Pounds</p>	<p>17</p> <p>1:00 p.m. Summer Crafts with Siera Linneweber from Great Plains Medicare (Sign up- Limit of 10)</p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 11:30 pm Mexican Train 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p>18</p> <p>1:00 p.m. Ice Cream Float Bar with Shawna from Regency Square</p> <p>9:00 am Yoga w/Dixie 9:00 am Silver Sneakers Classic Fitness 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Bridge -Mens 12:30 pm Tatting 101 1:00 pm Coloring Corner 1:30 pm Walking off the Pounds</p>	<p>19</p> <p>9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Advanced) 9:00 am Senior Yoga (CD) 9:00 am Rock Steady Boxing (Fee) 10:00 am Line Dance-(Beginner) 11:00 am Line Dance-(Intermediate Beginner) 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Men's & Women's Social Group 1:00 pm Ping Pong</p>	<p>20</p> <p>9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S- meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time</p> <p style="text-align: center;">No Friday Dance</p>
<p>23</p> <p>1:00 p.m. - (4th Monday) Parkinson's Support Group - In person or by Zoom</p> <p>8:00 am Scrapbooking 9:00 am Senior Yoga (CD) 9:00 am Silver Sneakers Classic Fitness 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:30 pm Movie "My Friend Irma" 12:30 pm Siouxsland Dup. Bridge (Open) 1:00 pm Pinochle 1:30 pm Walking off the Pounds</p>	<p>24</p> <p>1:00 p.m. Crafts with Diana Pizza Pan Craft \$2.00 (Sign up- Limit of 10)</p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 11:30 pm Mexican Train 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p>25</p> <p>9:00 am Yoga w/Dixie 9:00 am Silver Sneakers Classic Fitness 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Bridge -Mens 12:30 pm Tatting 101 1:00 pm Coloring Corner 1:30 pm Walking off the Pounds</p>	<p>26</p> <p>9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Advanced) 9:00 am Senior Yoga (CD) 9:00 am Rock Steady Boxing (Fee) 10:00 am Line Dance-(Beginner) 11:00 am Line Dance-(Intermediate Beginner) 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Men's & Women's Social Group 1:00 pm Ping Pong</p>	<p>27</p> <p>11:00 a.m. Continental Creations- Cupcake Cake Liner Labor Day Craft (Sign up- Limit of 15) (4th Friday)</p> <p>9:00 am Fitness with Dixie 10:00 -11:30 am Blood Pressures- (Mercy) 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S- meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00-3:00 pm Friday Dance</p> <p style="text-align: center;">Featuring "Country Brew"</p>
<p>30</p> <p>8:00 am Scrapbooking 9:00 am Senior Yoga (CD) 9:00 am Silver Sneakers Classic Fitness 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:30 pm Movie "Secondhand Lions" 12:30 pm Siouxsland Dup. Bridge (Open) 1:00 pm Pinochle 1:30 pm Walking off the Pounds</p>	<p>31</p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 11:30 pm Mexican Train 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p style="text-align: center;">Open to the Public Biscuits and Gravy \$2.00 for 1 biscuit, \$4.00 for 2 On Wednesday's only. Serving from 8-10 a.m.</p> 	<p style="text-align: center;">Interactive Metronome - <u>Schedule your Free Assessment by contacting the Center at 712-255-1729.</u></p> 