

AUGUST 2017 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8/5 <i>Gray Squirrels have 2nd litter now</i> 8/6 <i>"Little Boy" A-Bomb released over Hiroshima, 1945</i> 8/20 <i>Ragweed in bloom</i> 8/26 <i>Humming birds migrate south</i></p>	<p><u>1</u> <u>9:00 Cribbage</u> <u>10:00-12:00: Nurse</u> <u>11:30 Lunch:</u> Assorted Sandwiches, Dessert, Beverage <u>5:30-6:30pm: Zumba (\$4)</u></p>	<p><u>2</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting</u> <u>Class</u> <u>5:45 Hatha-Yoga w/ Joanne</u></p>	<p><u>3</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$5)</u> <u>11:15-Balance Class**</u> <u>11:30 Lunch: Meatball Subs, Salad, Dessert, Beverage</u></p>	<p><u>4</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>11:00 Tai Chi (\$5)</u> <u>1:00-2:30 Line Dancing</u></p>
<p><u>7</u> <u>9:00-10:00 Beginners Knitting/ Crocheting Class (\$5)</u> <u>11:00 Bingo</u> <u>6:00 New Beginnings Meeting</u> <i>Full Sturgeon Moon</i> <i>Purple Heart Day</i></p>	<p><u>8</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Chicken Broccoli Ziti, Salad, Dessert, Beverage <u>5:30-6:30pm: Zumba (\$4)</u> <i>Nixon resigned, 1974</i></p>	<p><u>9</u> <u>9:00 FOAS Mtg.</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting</u> <u>Class</u> <u>5:45 Hatha-Yoga w/ Joanne</u></p>	<p><u>10</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$5)</u> <u>11:15-Balance Class**</u> <u>11:30 Lunch:</u> Sandwich Wraps, Salad, Dessert, Beverage</p>	<p><u>11</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>11:00 Tai Chi (\$5)</u> <u>1:00-2:30 Line Dancing</u></p>
<p><u>14</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u> <u>6:00 New Beginnings Meeting</u> <i>V-J Day</i></p>	<p><u>15</u> <u>9:00 Cribbage</u> <u>10:00-12:00: Nurse</u> <u>11:30 Lunch:</u> Pizza, Salad, Dessert, Beverage <u>6:00pm COA Mtg.</u> <u>5:30-6:30pm: Zumba (\$4)</u></p>	<p><u>16</u> <u>8:30-10:00 Free Community Breakfast</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting</u> <u>Class</u> <u>5:45 Hatha-Yoga w/ Joanne</u></p>	<p><u>17</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$5)</u> <u>11:15-Balance Class**</u> <u>11:30 Lunch:</u> Lasagna, Salad, Dessert, Beverage</p>	<p><u>18</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>11:00 Tai Chi (\$5)</u></p>
<p><u>21</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u> <u>6:00 New Beginnings Meeting</u> <i>New Moon</i> <i>*Total Solar Eclipse</i></p>	<p><u>22</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Sandwich Wraps, Salad, Dessert, Beverage <u>5:30-6:30pm: Zumba (\$4)</u></p>	<p><u>23</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting</u> <u>Class</u> <u>5:45 Hatha-Yoga w/ Joanne</u></p>	<p><u>24</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$5)</u> <u>11:15-Balance Class**</u> <u>11:30 Lunch:</u> Chicken Broccoli Ziti, Salad, Dessert, Beverage</p>	<p><u>25</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>11:00 Tai Chi (\$5)</u> <i>37th Annual Senior Cookout</i></p>
<p><u>28</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u> <u>6:00 New Beginnings Meeting</u></p>	<p><u>29</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Director's Choice, Dessert, Beverage <u>5:30-6:30pm: Zumba (\$4)</u></p>	<p><u>30</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting</u> <u>Class</u> <u>5:45 Hatha-Yoga w/ Joanne</u></p>	<p><u>31</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$5) **</u> <u>11:30 Lunch: Chicken Rollup Sandwiches, Dessert, Beverage w/Rock & Roll Bingo</u></p>	<p><u>Menu Subject to Change</u> Fresh Fruit served with all Tuesday & Thursday luncheons. <i>8/21 Senior Citizens Day</i></p>

*8/21—Total Solar Eclipse (seen as partial eclipse in this area); **requires protective glasses**

Eclipse Equipment (from *Old Farmer's Almanac*)

Buy "eclipse glasses" on line, or buy welding goggles at a welding supply store. Choose number 12 or 14 filter (number 14 is probably ideal). Do not use any other number.

Check local news for times and duration of eclipse.

** **NEW:** Every Thursday morning—11:15 to Noon, **Balance & Strength Exercise** w/Joanne. Walk-in, \$5.00.

REMEMBER: The Senior Center is air conditioned—could be a welcome relief for you on torrid summer days.