

August

2022

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| 1 12:30 Bridge | 2 11: Arthritis Exercise 12:30 Social Meeting Ice Cream Social * BINGO/ Hand & Foot | 3 | 4 11:00 Arthritis Exercise 12:30 Bridge | 5 12:30 Bridge |
| 8 11:00 Planning Meeting 12:30 Bridge | 9 11:00 Chair Yoga 12:30 Hand & Foot | 10 12:00 Men's Cook Out** BINGO | 11 11:00 Arthritis Exercise 12:30 Bridge | 12 12:30 Bridge |
| 15 12:30 Bridge | 16 11:00 Arthritis Exercise 12:30 Business Meeting BINGO/ Hand & Foot | 17 | 18 11:00 Arthritis Exercise 12:30 Bridge | 19 11:00 Stretching 11:45 Bag Lunch 12:30 Sing-A-Long /Bridge |
| 22 12:30 Bridge | 23 11:00 Arthritis Exercise 12:30 Hand & Foot | 24 | 25 11:00 Arthritis Exercise 12:30 Bridge | 26 12:30 Bridge |
| 29 12:30 Bridge | 30 11:00 Arthritis Exercise 12:30 Hand & Foot | 31 12:00 Optional Potluck 12:30 Birthday Party BINGO | *Ice Cream Social is sponsored by the Visiting Angels | **Men's Cook Out Forms with payments should be in by August 3 |