



SENIOR CENTER ACTIVITIES

AUGUST 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:00am – Mah-Jongg 11:15am – Mobility 12:45pm – BINGO	2 11:00am - Healthy Brain Series – Session 1: Activities to Challenge Your Mind (No Lunch Served)
5 10:00am – Mah-Jongg	6 10:30am – AM Cards 12:30pm – PM Cards	7 Senior Center Closed During the Day (Opens at 4:45pm) 5:00pm – Pizza and a Movie: “Killers of the Flower Moon”	8 10:00am – Mah-Jongg 11:15am – Mobility 12:30pm – GameDay (Board Games)	9 11:00am - Healthy Brain Series – Session 2: Importance of Diet & Nutrition (No Lunch Served)
12 10:00am – Mah-Jongg 12:30pm – August Birthday Celebration!	13 10:30am – AM Cards 1:00pm – PM Cards	14 Senior Center Closed	15 10:00am – Mah-Jongg 11:15am – Mobility 12:45pm - BINGO	16 11:00am - Healthy Brain Series – Session 3: Finding Meaningful Engagement as You Age (No Lunch Served) 1:00pm – GameDay - Trivia Edition!
19 10:00am – Mah-Jongg 11:30am – Blood Pressure Clinic w/Sherry Carlson 1:00pm – Corn Hole	20 10:30am – AM Cards 12:30pm – PM Cards	21 Senior Center Closed	22 10:00am – Mah-Jongg 11:15am – Mobility	23 11:00am - Healthy Brain Series – Session 4: Importance of Sleep & Your Brain (No Lunch Served)
26 10:00am – Mah-Jongg 12:30pm – “Oldies but Goodies” Fiddle Concert with Nancy Meyers	27 10:30am – AM Cards 12:30pm – PM Cards	28 Senior Center Closed	29 10:00am – Mah-Jongg 11:15am – Mobility	30 11:00am - Healthy Brain Series – Session 5: Lessons for Living Longer & Q&A (No Lunch Served)

