

August Activities

95 N. 300 W. Hurricane 435-635-2089



	1-Aug	2-Aug	3-Aug
	Billiards 9:00-3:00 Video Tai Chi 10:00	Billiards 9:00-3:00 Video Sit Fit 10:00 Nutrition Class 10:30 Dixie Can Do's to entertain @ lunch Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Drawing 101 1:00
7-Aug	8-Aug	9-Aug	10-Aug
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Tai Chi 1:30	Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi Hansen to entertain @ lunch	Billiards 9:00-3:00 Video Sit Fit 10:00 Nutrition Class 10:30 Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Rob Goulding to entertain @ lunch Drawing 101 1:00 Knitting/Crochet 1:00
14-Aug	15-Aug	16-Aug	17-Aug
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Bingo after lunch Tai Chi 1:30	Billiards 9:00-3:00 Video Tai Chi 10:00 Nail-trim for feet 10:00 Alzheimer's Class 1:00	Video Sit Fit 10:00 Health Screening 11:00 Nutrition Class 10:30 Dixie Can Do's to entertain @ lunch Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Drawing 101 1:00
21-Aug	22-Aug	23-Aug	24-Aug
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Tai Chi 1:30	Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi Hansen to entertain @ lunch Alzheimer's Class 1:00	Billiards 9:00-3:00 Video Sit Fit 10:00 Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Knitting/Crochet 1:00 Drawing 101 1:00
28-Aug	29-Aug	30-Aug	31-Aug
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Bingo after lunch Tai Chi 1:30	Billiards 9:00-3:00 Video Tai Chi 10:00 Alzheimer's Class 1:00	Billiards 9:00-3:00 Video Sit Fit 10:00 Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Drawing 101 1:00 Birthday Celebration

Thrift Store is Open Mon-Thurs 10:00 am to 2:00 pm