



August Activities 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:30 Senior Fitness 10:00 Foot Clinic 10:00 Blood Pressure 10:30 Sit & Be Fit 11:00 Music-Ida & Friends 1:00 Bridge	3 9:00 Trip: Timberline Lodge 10:00 TOPS 10:00 Handiwork 1:00 Pinochle 1:00 BINGO	4 Grandparents Day with Lotta & Skittles 9:00 Foot Clinic 10:30 Senior Fitness 11:00 Special Music Bob Cooperrider 1:00 Movie Day: “The Shootist” 1:15 Senior Yoga Fitness	5 10:30 Sit & Be Fit 1:00 Bunco	6 10:30 Senior Fitness 1:00 Pinochle 1:00 Providence Health Care	7
8	9 (NO FOOT CLINIC) 9:30 Senior Fitness 10:00 Engage 10:30 Sit & Be Fit 11:00 Music-Ida & Friends 1:00 Bridge	10 8:30 Trip: Mt. St. Helens 10:00 TOPS 10:00 Handiwork 1:00 Line Dancing 1:00 Pinochle 1:00 BINGO	11 Cascade Chorus Ensemble—Special Music 10:30 Senior Fitness 1:00 Board Meeting 1:00 Movie Day: “America The Beautiful” 1:15 Senior Yoga Fitness	12 10:30 Sit & Be Fit 1:00 Bunco 1:00 Line Dancing	13 10:30 Senior Fitness 1:00 Pinochle	14
15	16 (NO FOOT CLINIC) 9:30 Senior Fitness 10:00 Engage 10:30 Sit & Be Fit Blood pressure 11:00 Music-Ida & Friends 1:00 Bridge	17 Fair Starts today! 10:00 TOPS 10:00 Handiwork 1:00 Line Dancing 1:00 Pinochle 1:00 BINGO	18 Senior Day at the Fair—Shuttle Provided 10:30 Senior Fitness 11:00 Special Music Bob Cooperrider 1:00 No Movie... Enjoy the Fair 1:15 Senior Yoga Fitness	19 10:00 Health Net 10:30 Sit & Be Fit 1:00 Bunco 1:00 Line Dancing	20 10:30 Senior Fitness 1:00 Pinochle	21
22	23 9:30 Senior Fitness 10:00 Foot Clinic 10:30 Sit & Be Fit 11:00 Music-Ida & Friends 1:00 Bridge	24 10:00 TOPS 10:00 Handiwork 1:00 Line Dancing 1:00 Pinochle 1:00 BINGO	25 10:00 Newsletter Folders 10:30 Senior Fitness 1:00 Movie Day: “It’s Complicated” 1:15 Senior Yoga Fitness	26 10:30 Sit & Be Fit 1:00 Bunco 1:00 Line Dancing	27 9:00 Willoughby’s Hearing Aid Svc 10:30 Senior Fitness 1:00 Pinochle	28
29	30 9:30 Senior Fitness 10:00 Foot Clinic 10:30 Sit & Be Fit 11:00 Music-Ida & Friends 1:00 Bridge	31 10:00 TOPS 10:00 Handiwork 10:30 Trip: Chinese Garden 1:00 Line Dancing 1:00 Pinochle 1:00 BINGO	Interesting August Facts... Lincoln penny issued August 2, 1909 . Thomas Edison invented the phonograph, August 12, 1877 . American frontiersman Davy Crockett born August 17, 1786 .			

