

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 August 2026						9:00 SEATED ENERGIZE EXERCISE 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 BEAN BAG BASEBALL HAPPY BIRTHDAY JENNIFER MC.!
9:30 BETHESDA CHURCH 2 1:00 BINGO 2:30 SUNDAY MATINEE: THE BUCKET LIST, PG-13, DVD 2:30 SHUFFLEBOARD UPSTAIRS HAPPY BIRTHDAY DAVID D.!	9:00 CHAIR YOGA 3 9:30 SHOPPING ROYAL BARGER 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 BEAN BAG BASEBALL	9:00 SEATED ENERGIZE EXERCISE 4 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 BIBLE STUDY W/ ROSE 2:00 BLOOD PRESSURE CLINIC HAPPY BIRTHDAY DEB H.!	AM APPTS 5 9:00 CHAIR YOGA 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 DAIRY QUEEN 2:30 HEARING AID CLINIC HAPPY BIRTHDAY MONA!	9:00 SEATED ENERGIZE EXERCISE 6 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 WINE CLUB ROOT BEER FLOAT DAY	9:00 CHAIR YOGA 7 9:30 SHOPPING W. 11TH 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 WINCO 3:00 DING-A-LING PRACTICE	9:00 SEATED ENERGIZE EXERCISE 8 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 BEAN BAG BASEBALL
9:30 BETHESDA CHURCH 9 1:00 BINGO 2:30 SUNDAY MATINEE: MEMPHIS BELLE, PG-13, DVD 2:30 SHUFFLEBOARD UPSTAIRS HAPPY BIRTHDAY RAFE!	9:00 CHAIR YOGA 10 9:30 SHOPPING ROYAL/BARGER 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 11:00 HOLLY'S JEWELRY TABLE PM APPTS 1:00 TOWN HALL/CHEF'S CORNER	9:00 SEATED ENERGIZE EXERCISE 11 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 BIBLE STUDY W/ ROSE 2:00 BLOOD PRESSURE CLINIC 2:00 MANICURES	AM APPTS 12 9:00 CHAIR YOGA 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 GAME DAY WITH LYNN {BOARD GAMES}	9:00 SEATED ENERGIZE EXERCISE 13 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 WINE CLUB	9:00 CHAIR YOGA 14 10:00 SCANDINAVIAN FESTIVAL 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 3:00 DING-A-LING PRACTICE 10:00 TO 4:00 GREETING CARD SALE NO SHOPPING	9:00 SEATED ENERGIZE EXERCISE 15 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 BEAN BAG BASEBALL 10:00 TO 4:00 GREETING CARD SALE
9:30 BETHESDA CHURCH 16 1:00 BINGO 2:30 SUNDAY MATINEE: WILD HOGS, PG, DVD 2:30 SHUFFLEBOARD UPSTAIRS	9:00 CHAIR YOGA 17 9:30 SHOPPING ROYAL/BARGER 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 DEB PAINTING	9:00 SEATED ENERGIZE EXERCISE 18 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 BIBLE STUDY W/ ROSE 2:00 BLOOD PRESSURE CLINIC	AM APPTS 19 9:00 CHAIR YOGA 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPT 12:30 LIL SPROUTS 2:00 JEOPARDY HAPPY BIRTHDAY TOMMY T.!	9:00 SEATED ENERGIZE EXERCISE 20 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 WINE CLUB HAPPY BIRTHDAY MICHAEL & CHRIS M.!	9:00 CHAIR YOGA 21 9:30 SHOPPING W 11TH 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 2:00 SOLVANG AUCTION 3:00 DING-A-LING PRACTICE SENIOR CITIZEN DAY	9:00 SEATED ENERGIZE EXERCISE 22 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 BEAN BAG BASEBALL
9:30 BETHESDA CHURCH 23 1:00 BINGO 2:30 SUNDAY MATINEE: 1917, R, DVD 2:30 SHUFFLEBOARD UPSTAIRS HAPPY BIRTHDAY MARILYN!	9:00 CHAIR YOGA 24 9:30 SHOPPING RIVER ROAD 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 PICK UP STICKS	9:00 SEATED ENERGIZE EXERCISE 25 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 BIBLE STUDY W/ ROSE 2:00 BLOOD PRESSURE CLINIC 2:00 MANICURES	AM APPTS 26 9:00 CHAIR YOGA 9:15 FOOT CLINIC 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 RANDOM TRIVIA HAPPY BIRTHDAY ROCHELLE!	9:00 SEATED ENERGIZE EXERCISE 27 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 WINE CLUB	9:00 CHAIR YOGA 28 9:30 SHOPPING W. 11TH 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 12:00 OUT TO LUNCH BUNCH-OLIVE GARDEN 3:00 DING-A-LING PRACTICE	9:00 SEATED ENERGIZE EXERCISE 29 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 BEAN BAG BASEBALL
9:30 BETHESDA CHURCH 30 1:00 BINGO 2:30 SUNDAY MATINEE: AS GOOD AS IT GETS, PG-13, DVD 2:30 SHUFFLEBOARD UPSTAIRS	9:00 CHAIR YOGA 31 9:30 SHOPPING ROYAL/BARGER 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 BIRTHDAY BASH-OLD TIME FIDDLERS					

TIMES ARE SUBJECT TO CHANGE. PLEASE SEE LARGE CALENDAR IN LOBBY FOR MOST UP TO DATE INFORMATION.