

AUGUST 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4 9:30 LINE DANCE NO LUNCH	5	6 12:00 LUNCH 12:30 CARDS <u>SHINE</u>	7 10:00 TAP DANCE 11:00 – 1:00 SOCIAL HOUR @COA CAFÉ	1/8
9	10 1:00 CHAIR YOGA	11 9:30 LINE DANCE NO LUNCH	12	13 12:00 LUNCH 12:30 CARDS 5:30 Caregiver Support Meeting	14 10:00 TAP DANCE 11:00 – 1:00 SOCIAL HOUR @COA CAFÉ <u>Hearing Exams</u>	15
16	17 1:00 CHAIR YOGA	18 9:30 LINE DANCE NO LUNCH <u>11:30 Ask a Pharmacist</u> <u>1:00 Ask a Lawyer</u>	19 <i>MOVIE</i>	20 12:00 LUNCH 12:30 CARDS <u>12:00 Blood Pressure Clinic</u> COA Board Meeting	21 10:00 TAP DANCE 11:00 – 1:00 SOCIAL HOUR @COA CAFÉ	22
23	24 1:00 CHAIR YOGA	25 9:30 LINE DANCE 12:00 LUNCH 12:30 CARDS	26	27 12:00 LUNCH 12:30 CARDS	28 10:00 TAP DANCE 11:00 – 1:00 SOCIAL HOUR @COA CAFÉ	29
30	31 1:00 CHAIR YOGA					