

# August 2022

| Mon   | Tue  | Wed  | Thu   | Fri  |
|---|--|--|---|--|
| <p>1 10:15am<br/>Seniorcise</p> <p>10:45am<br/>Blue Ridge<br/>Bingo,<br/>Prizes, Snacks</p> | <p>2 10am - 11am<br/>Donuts from<br/>Rose &amp;<br/>Quesenberry<br/>Free Coffee<br/>From RCCOA</p>                       | <p>3 10:15am<br/>Seniorcise<br/>11:00am<br/>Bible Study<br/>with Pastor<br/>Eunice Jones</p> | <p>4 10:45am<br/>Peachy<br/>Bingo<br/>Social</p>  | <p>5 10:15am<br/>Tai Chi</p> <p>11:00am<br/>Mystery<br/>Bingo</p>  |
| <p>8 10:15am<br/>Seniorcise</p> <p>11:00am<br/>Happiness<br/>Happens Day<br/>Bingo</p>      | <p>9 10:15am<br/>Crafty Corner</p> <p>11:00am<br/>Memory Rescue<br/>With<br/>Russell Shaw</p>                            | <p>10 10:15am<br/>Seniorcise<br/>11:00am<br/>Bible Study<br/>With Dr.<br/>Charles Bright</p> | <p>11 11:00am<br/>Rail Splitters</p>  | <p>12 10am - 1pm<br/>Senior<br/>Picnic At<br/>New River<br/>Park</p>   |
| <p>15 10:15am<br/>Seniorcise</p> <p>11:00am<br/>Mystery Bingo</p>                           | <p>16 11am - 12pm<br/>"For Him"<br/>Singers</p>  | <p>17 10:15am<br/>Seniorcise<br/>11:00am<br/>Bible Study<br/>With<br/>Haven Davis</p>        | <p>18 11am<br/>Exercise Your<br/>Brain<br/>Presentation<br/>by Kelly(ARH)</p>                                 | <p>19 Tia Chi<br/>11am—12pm<br/>National<br/>Senior Citizens<br/>Day Surprise<br/>With<br/>Special Guest</p> |
| <p>22 10:15am<br/>Seniorcise</p> <p>11am<br/>Bingo</p>                                      | <p>23 10am - 11am<br/>Coffee<br/>Creations<br/>11am<br/>Lemonade<br/>Bingo</p>   | <p>24 10:15am<br/>Seniorcise<br/>11:00am<br/>Bible Study<br/>With Elder<br/>Terry Moore</p>  | <p>25 11:00am<br/>Birthday Party<br/>With<br/>David Runion<br/>Cake by<br/>Best<br/>Ambulance</p>             | <p>26 10:15am<br/>Tai Chi</p> <p>11am<br/>Crazy Bingo</p>  |
| <p>29 10:15am<br/>Seniorcise</p> <p>11am<br/>Bingo</p>                                      | <p>30 9am-12pm<br/>Info. For POA<br/>&amp; Living Will<br/>With (Hospice)<br/>Matt Miller<br/>11am<br/>Brain Teasers</p> | <p>31 10:15am<br/>Seniorcise<br/>Bible Study<br/>With<br/>Pastor<br/>Dwight Bright</p>       | <p>Tuesdays &amp;<br/>Thursdays<br/>10:00am<br/>Exercise Class<br/>12pm-1pm<br/>Line Dancing<br/>5pm Yoga</p> | <p>Fridays<br/>10am - ?<br/>World<br/>History Class<br/>with<br/>Dave Wynne</p>                              |