



August Activities 2010



	Monday	Tuesday	Wednesday	Thurs	Friday
	<p>2</p> <p>12:30 Gym Walk</p> <p>1:00 Canasta</p>	<p>3</p> <p>11:00 Blood Pressure</p> <p>12:30 Gym Walk</p> <p>1:00 Meditation for Healing</p>	<p>4</p> <p>1:00 Writing for Generations</p>	<p>5</p> <p>Administrative Day</p>	<p>6</p> <p>9:00 Geezers</p> <p>10:00 Stitchin' in the Kitchen</p> <p>12:30 Gym Walk</p>
	<p>9</p> <p>12:30 Gym Walk</p> <p>C</p> <p>1:00 Canasta</p>	<p>10</p> <p>12:30 Gym Walk</p> <p>1:00 Meditation for Healing</p>	<p>11</p> <p>August Nutrition Education</p>	<p>12</p> <p>Administrative Day</p>	<p>13</p> <p>9:00 Geezers</p> <p>10:00 Stitchin' in the Kitchen</p> <p>12:30 Gym Walk</p> <p>1:00 ASI BOARD Meeting</p>
	<p>16</p> <p>12:30 Gym Walk</p> <p>12:45 Tessa Michaelson "Readers Digesting"</p> <p>1:00 Canasta</p>	<p>17</p> <p>12:30 Gym Walk</p> <p>1:00 Meditation for Healing</p>	<p>18</p> <p>11:00 Blood Pressure</p> <p>12:45 "Five Wishes" by Tina Gallegos</p> <p><u>1:00 Sky Ute Casino</u></p>	<p>19</p> <p>Administrative Day</p>	<p>20</p> <p>9:00 Geezers</p> <p>10:00 Stitchin' in the Kitchen</p> <p>12:30 Gym Walk</p> <p>12:45 Fraud Presentation by Musetta</p>
	<p>23</p> <p>12:30 Gym Walk</p> <p>1:00 Canasta</p>	<p>24</p> <p>12:30 Gym Walk</p> <p>1:00 Meditation for Healing</p> <p>1:00 Poker and Root Beer Floats</p>	<p>25</p> <p>12:45 Ice Cream Socia</p> <p>1:00 Alzheimers Supportl</p>	<p>26</p> <p>Administrative Day</p>	<p>27</p> <p>9:00 Geezers</p> <p>10:00 Stitchin' in the Kitchen</p> <p>10:30 Book Club</p> <p>12:30 Gym Walk</p> <p><u>PICNIC IN THE PARK BIRTHDAY LUNCH!!!</u></p> <p><u>Reservations Required</u></p>
	<p>30</p> <p>12:30 Gym Walk</p> <p>1:00 Canasta</p>	<p>31</p> <p>12:30 Gym Walk</p> <p>1:00 Meditation for Healing</p>		<p>PANCAKE BREAKFAST:</p> <p>SATURDAY</p> <p>August 14th,</p> <p>7am—10am</p>	<p>* asterisk indicates by appointment</p> <p><i>Underlining Indicate s registration re-quired</i></p>