



WEEKLY ACTIVITIES

Mon., Aug. 8: 10:00 am - Tai Chi
2:00 pm - Samaritan Center

Tues. Aug. 9: 10:00 am - Mall Walking
2:00 pm - Gospel Karaoke

Wed., Aug. 10: 10:00 am - Chair Yoga
2:00 pm - Art with Mary

Thur., Aug. 11: 10:00 am - Low Impact Exercise
2:00 pm - Games Inside

Frid., Aug. 12: 10:00 am - Walk-a-Mile
Noon - CiCi's Pizza!!!! Bring \$10 ...

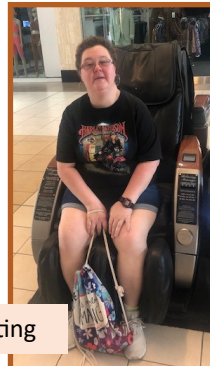
HAPPY BIRTHDAY, RACHEL!!



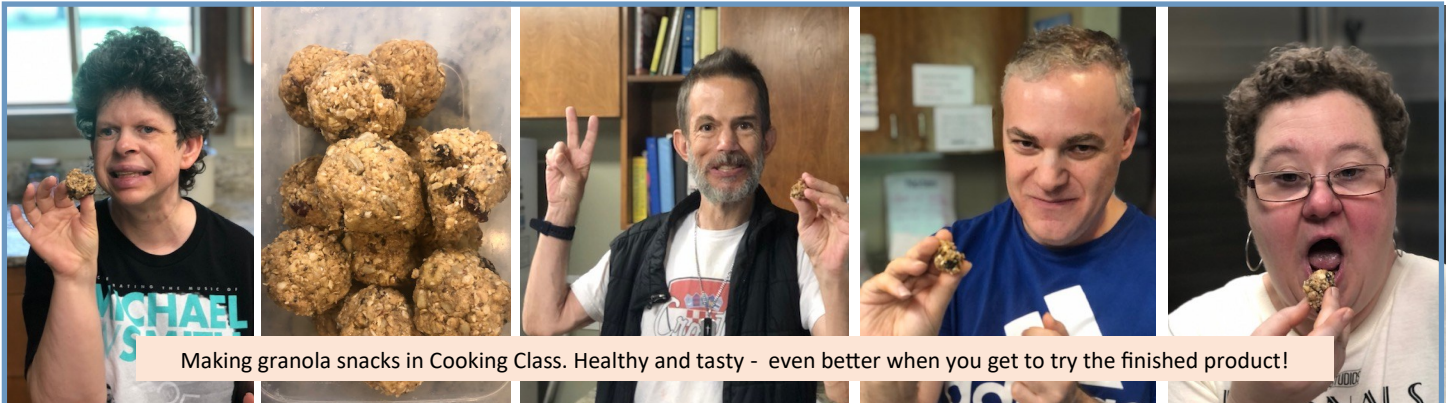
With temperatures nearing 100 degrees and the heat index almost as bad, there is nothing quite as refreshing as mango and strawberry slushies from McDonald's on a hot August day.



All in a morning's workout: Mall Walking & Mall Sitting



WOW!! Just look at the size of the pumpkin patch!



Making granola snacks in Cooking Class. Healthy and tasty - even better when you get to try the finished product!



Making cards in Art Class

Happy S'More's (Some More) Day - August 10 !!!

