



WEEKLY ACTIVITIES

Mon. July 31: **HAPPY BIRTHDAY, SHEROYN!!!**

10:00 am - Tai Chi

2:00 pm - Karaoke

5:30 pm - Bus leaves for "Chillin' Like Villains"

Tues. Aug. 1: 10:00 pm - Light Weight Lifting

2:00 pm - Work on Hostess Art Project

Wed. Aug. 2: 10:00 am - Chair Dance Yoga

2:00 pm - Art with Mary

Thur., Aug. 3: 10:00 am - Low Impact Exercise

2:00 pm - No Activities - Staff Work Day

Frid., Aug. 4: 10:00 am - Walk-a-Mile

2:00 pm - Dollar Tree



Fun at Chester Frost Park!



Blackberry Picking at Hosanna



Yum! Mary's Birthday Cake!