## **WEEKLY ACTIVITIES**

Mon. Aug. 14: 10:00 am - Tai Chi

2:00 pm - Cooking with Beth

Tues. Aug. 15: 10:00 pm - Low Impact Exercie

2:00 pm - Simon Says

Wed. Aug. 16: 10:00 am - Chair Dance Yoga

2:00 pm - Art with Mary

Thur., Aug. 17: 10:00 am - Light Weight Lifting

2:00 pm - No Activities - Staff Work Day

**Hosanna Community:** 

Frid., Aug. 18: 10:00 am - Walk-a-Mile

2:00 pm - Dollar Tree

Sat., Aug. 19: 9:30 am - St. Alban's Church

**Pancake Breakfast** 







































