




Monday	Tuesday	Wednesday	Thursday	Friday
<p>County Fair Day Trip</p>  <p>Sunday, August 13 11 a.m.</p>	<p>1 10:00 Wii Bowling 10:00 Tai Chi for Arthritis 1:00 Cribbage</p>	<p>2 10:00 Aerobics 10:00 Class of '52 10:00 Blood Pressure 11:30 Center Luncheon 12:00 Chemical-Free Make-Up Presentation</p>	<p>3 9:00 Center Breakfast 10:00 Tai Chi for Arthritis 1:00 Cribbage 1:00 NCOA Meeting</p>	<p>4 10:00 Aerobics 1:00 Social Bingo</p>
<p>7 10:00 Aerobics 11:30 CAAM Luncheon 1:00 Pinochle</p>	<p>8 10:00 Wii Bowling 10:00 Class of '51 10:00 Tai Chi for Arthritis 1:00 Cribbage</p> <p>FootCare— By Appointment</p>	<p>9 10:00 Aerobics 11:30 Center Luncheon</p>	<p>10 9:00 Center Breakfast 10:00 Tai Chi for Arthritis 10:30 Commodities 1:00 Cribbage 7:00 City Council</p>	<p>11 10:00 Aerobics 11:30 Potluckers 1:00 Social Bingo</p>
<p>14 10:00 Aerobics 11:30 CAAM Luncheon 1:00 Pinochle</p>	<p>15 10:00 Wii Bowling 10:00 Tai Chi for Arthritis 1:00 Cribbage 5:30 Planning Commission</p>	<p>16 10:00 Aerobics 10:00 Blood Pressure 11:30 Center Luncheon 12:00 Immune System Support & Oils</p>	<p>17 9:00 Center Breakfast 10:00 Tracy Mine 10:00 Tai Chi for Arthritis 1:00 Cribbage</p>	<p>18 10:00 Aerobics 1:00 Social Bingo</p>
<p>21 10:00 Aerobics 11:30 CAAM Luncheon 1:00 Pinochle</p>	<p>22 10:00 Wii Bowling 10:00 Tai Chi for Arthritis 1:00 Cribbage</p> <p>FootCare— By Appointment</p>	<p>23 10:00 Aerobics 11:30 Center Luncheon</p>	<p>24 9:00 Center Breakfast 10:00 Tai Chi for Arthritis 1:00 Cribbage</p>	<p>25 10:00 Aerobics 1:00 Social Bingo</p> <p>Cribbage Tournament sign-up deadline</p>
<p>28 10:00 Aerobics 11:30 CAAM Luncheon 1:00 Pinochle 1:00 Parkinsons Support Group</p>	<p>29 10:00 Wii Bowling 10:00 Tai Chi for Arthritis 12:30 Cribbage Tournament</p>	<p>30 10:00 Aerobics 11:30 Center Luncheon 12:00 Maine Group Travel Meeting</p>	<p>31 9:00 Center Breakfast 10:00 Tai Chi for Arthritis 1:00 Cribbage</p>	<p>Wednesday Lunch Menu Aug. 2: Meatloaf Aug. 9: Parmesan Chicken & Pasta Aug. 16: Roast Beef Aug. 23: Swedish Meatballs Aug. 30: Shepherd's Pie</p>