




Monday	Tuesday	Wednesday	Thursday	Friday
<p>Wednesday Lunch Menu</p> <p>Aug. 1: Turkey Dinner Aug. 8: Roast Beef Aug. 15: Swedish Meatballs Aug. 22: Pasty Pie Aug. 29: Pork Roast Dinner</p> 		<p>1 Day of Energy Savings 10:00 Aerobics 10:00 Blood Pressure 10:00 Class of '52 11:30 Center Luncheon 12:00 Medicare Services Presentation</p>	<p>2 9:00 Center Breakfast 10:00 Tai Chi for Arthritis 1:00 Cribbage 1:00 NCOA Meeting</p>	<p>3 10:00 Aerobics 1:00 Social Bingo</p>
<p>6 10:00 Aerobics 11:30 CAAM Luncheon 1:00 Pinochle</p>	<p>7 Election Day 10:00 Wii Bowling 10:00 Tai Chi for Arthritis 1:00 Cribbage</p>	<p>8 10:00 Aerobics 11:30 Center Luncheon 12:00 Pain PATH Workshop Preview</p>	<p>9 9:00 Center Breakfast 10:00 Tai Chi for Arthritis 10:30 Commodities 1:00 Cribbage 7:00 City Council</p>	<p>10 10:00 Aerobics 11:30 Potluckers 1:00 Social Bingo</p>
<p>13 10:00 Aerobics 11:30 CAAM Luncheon 1:00 Pinochle</p>	<p>14 10:00 Wii Bowling 10:00 Tai Chi for Arthritis 10:00 Class of '51 1:00 Cribbage 7:00 CIP Workshop FootCare— By Appointment</p>	<p>15 10:00 Aerobics 10:00 Blood Pressure 11:30 Center Luncheon 12:00 Library Strategic Planning Discussion</p>	<p>16 9:00 Center Breakfast 10:00 Tai Chi for Arthritis 10:00 Tracy Mine 1:00 Cribbage</p>	<p>17 10:00 Aerobics 1:00 Social Bingo</p>
<p>20 10:00 Aerobics 11:30 CAAM Luncheon 1:00 Pinochle</p>	<p>21 10:00 Wii Bowling 10:00 Tai Chi for Arthritis 1:00 Cribbage 5:30 Planning Commission</p>	<p>22 10:00 Aerobics 11:00 Class of '57 Luncheon 11:30 Center Luncheon</p>	<p>23 9:00 Center Breakfast 10:00 Tai Chi for Arthritis 1:00 Cribbage</p>	<p>24 10:00 Aerobics 1:00 Social Bingo</p> <p>Cribbage Tournament sign-up deadline</p>
<p>27 10:00 Aerobics 11:30 CAAM Luncheon 1:00 Pinochle 1:00 Parkinsons Support Group</p>	<p>28 10:00 Wii Bowling 10:00 Tai Chi for Arthritis 12:30 Cribbage Tournament</p> <p>FootCare— By Appointment</p>	<p>29 10:00 Aerobics 11:30 Center Luncheon 12:00 Canada Group Travel Meeting</p>	<p>30 9:00 Center Breakfast 10:00 Tai Chi for Arthritis 1:00 Cribbage</p>	<p>31 10:00 Aerobics 1:00 Social Bingo</p>