


August Activities

Laptops Available! Check one out at the MAC office! Must remain in the building with laptops!

August Holidays:

August 6th Friendship Day
 August 6th Sisters Day
 August 9th Book Lover's Day
 August 21st Senior Citizens Day
 August 26th Women's Equality Day



Monday	Tuesday	Wednesday	Thursday	Friday
	9:00 – Vet Counseling <u>1</u> 9:00 – Mat Yoga 9:00 – Crafting Club 10:00 – Social Bridge 10:30 – Chair Yoga 12:00 – Hand & Foot Card 1:00 – Zumba Chair 1:30 – Meditation Class 6:00 – Line Dancing	9:00 – Bingo <u>2</u> 10:00 – Social Bridge 10:00 – No Name Club 10:15 – Exercise	10:00 – Computer Class <u>3</u> 12:30 – Line Dancing 2:00 – Zumba Gold	9:00 – Mundaycize at Y <u>4</u> 9:00 – Mat Yoga 10:30 – Panther Creek Band 10:30 – Chair Yoga
7:30 – Mundaycize at Y <u>7</u> 10:00 – Exercise 12:00 – Bingo @ Adams Village	9:00 – Vet Counseling <u>8</u> 9:00 – Mat Yoga 9:00 – Crafting Club 10:00 – Social Bridge 10:30 – Chair Yoga 12:00 – Hand & Foot Card 12:00 – Bingo @ Garden Grace 1:00 – Zumba Chair 1:30 – Meditation Class 6:00 – Line Dancing	9:00 – Bingo <u>9</u> 10:00 – Social Bridge 10:15 – Exercise 12:00 – Humana Bingo at Whitesville	12:30 – Line Dancing <u>10</u> 2:00 – Zumba Gold 6:00 – Dance @ MAC	9:00 – Mundaycize at Y <u>11</u> 9:00 – Mat Yoga 10:00 – The Ambassador Singers 10:30 – Chair Yoga
7:30 – Mundaycize at Y <u>14</u> 10:00 – Exercise 1:00 – Bingo @ Park Regency	9:00 – Vet Counseling <u>15</u> 9:00 – Mat Yoga 9:00 – Crafting Club 10:00 – Social Bridge 10:30 – Chair Yoga 12:00 – Hand & Foot Card 1:00 – Zumba Chair 1:30 – Meditation Class 6:00 – Line Dancing	9:00 – Bingo <u>16</u> 10:00 – Social Bridge 10:00 – No Name Club 10:15 – Exercise	10:00 – Computer Class <u>17</u> 10:00 – Humana Birthday & Bingo Celebration 12:30 – Line Dancing 2:00 – Zumba Gold	9:00 – Mundaycize at Y <u>18</u> 9:00 – Mat Yoga 10:30 – Panther Creek Band 10:00 – Bingo @ Roosevelt II 10:30 – Chair Yoga
7:30 – Mundaycize at Y <u>21</u> 10:00 – Exercise	9:00 – Vet Counseling <u>22</u> 9:00 – Mat Yoga 9:00 – Crafting Club 10:00 – Social Bridge 10:30 – Chair Yoga 12:00 – Hand & Foot Card 1:00 – Zumba Chair 1:30 – Meditation Class 6:00 – Line Dancing	9:00 – Bingo <u>23</u> 10:00 – Social Bridge 10:15 – Exercise	12:30 – Line Dancing <u>24</u> 2:00 – Zumba Gold	9:00 – Mundaycize at Y <u>25</u> 9:00 – Mat Yoga 10:00 – The Ambassador Singers 10:30 – Chair Yoga
7:30 – Mundaycize at Y <u>28</u> 10:00 – Exercise 10:00 - Coal Miner's Respiratory Clinic	9:00 – Vet Counseling <u>29</u> 9:00 – Mat Yoga 9:00 – Crafting Club 10:00 – Social Bridge 10:30 – Chair Yoga 12:00 – Hand & Foot Card 1:00 – Zumba Chair 1:30 – Meditation Class 6:00 – Line Dancing	9:00 – Bingo <u>30</u> 10:00 – Social Bridge 10:15 – Exercise	12:30 – Line Dancing <u>31</u> 2:00 – Zumba Gold	Billiards Room Monday – Friday 8:00 am – 4:30 pm Saturday 8:00 am – Noon

Ping Pong Table is located in the Game Room. Please check out paddles & balls from the office.

Corn Hole Boards are located in Game Room on the 1st Floor of the East Wing.