

Belgrade Senior Center –August 2022 Activities

Activities may change without notice.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 9:00 Full Body Workout 10:15 Line Dancing 12:00 Lunch 12:30 Pinochle	2 9:30 Full Body Workout 12:00 Lunch 12:45 Art Together	3 8:30 Pinochle 10:00 Brain Game Hour 12:00 Lunch 1:00 Zumba	4 9:30 Full Body Workout 12:00 Lunch 12:45-1:30 Sing Along	5 9:00 Full Body Workout 10:00 Needleaires 12:00 Lunch 12:45 50th Planning Meeting	6
7	8 9:00 Full Body Workout 10:15 Line Dancing 12:00 Lunch 12:30 Pinochle	9 8:00 Early Morning Constitution 9:30 Full Body Workout 12:00 Lunch 12:45 Art Together	10 7:00 Coffee w/Doctors 8:30 Pinochle 10:00 Brain Game Hour 12:00 Lunch 1:00 Zumba	11 9:30 Full Body Workout 12:00 Lunch 12:45-1:30 Sing Along	12 9:00 Full Body Workout 9:00 Needleaires 12:00 Lunch	13 Singing in the Rain
14	15 9:00 Full Body Workout 10:15 Line Dancing 12:00 Lunch 12:30 Pinochle	16 9:30 Full Body Workout 12:00 Lunch 12:45 Art Together	17 8:30 Pinochle 10:00 Brain Game Hour 12:00 Lunch August Birthday Lunch & Blood Pressure Check 1:00 Zumba	18 9:30 Full Body Workout 12:00 Lunch 12:45-1:30 Sing Along	19 9:00 Full Body Workout 9:00 Needleaires 9:00 Airport Walk & Tour 12:00 Lunch	20 AARP Driver Safety Call to sign up
21	22 9:00 Full Body Workout 10:15 Line Dancing 12:00 Lunch 12:45 Pinochle	23 9:30 Full Body Workout 12:00 Lunch 12:45 Art Together	24 8:30 Pinochle 10:00 Brain Game Hour 12:00 Lunch 1:00 Zumba	25 7:00-8:30: Breakfast Club 9:30 Full Body Workout 12:00 Lunch 12:45-1:30 Sing Along	26 9:00 Full Body Workout 9:00 Needleaires 12:00 Lunch 1:00: Three Heart Farm Tour	27 Quilting Day! Chew Choo Trip
28	Chew Choo Trip 29 9:00 Full Body Workout 10:15 Line Dancing 12:30 Pinochle	30 9:30 Full Body Workout 12:00 Lunch 12:45 Art Together	31 8:30 Pinochle 10:00 Brain Game Hour 12:00 Lunch 1:00 Zumba			