






Meals on Wheels delivers to those who can't join us at the Center Call 388-4711 for more information		Belgrade Senior Center August 2019 Activities			92 E. Cameron Ave Belgrade, MT 59714 388-4711	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8 am Couch to 5K Walking 8:30 am Pinochle 12:45 pm Bingo	2 8 am Yoga 9 am Movement in Motion 12:30 Pinochle	3 
4	5 9 am Movement in Motion 12:30 pm Scrabble 12:30 Cribbage	6 8 am Couch to 5K Walking 9 am Yoga 10 am Full Body Exercise 12:30 pm Hand & Foot	7 9 am Movement in Motion 9 am Needleaires Food Pantry 12:45 Walking Club	8 8 am Couch to 5K Walking 8:30 am Pinochle 12:45 pm Bingo	9 8 am Yoga 9 am Movement in Motion 12:30 Pinochle	10
11 	12 9 am Movement in Motion 12:30 pm Scrabble 12:30 Cribbage	13 8 am Couch to 5K Walking 9 am Yoga 10 am Full Body Exercise 12:30 pm Hand & Foot <b><u>11:30 am Red Rockers @ Red Chair Cafe &amp; Bar 407 S Ferguson Ave.</u></b>	14 9 am Movement in Motion 9 am Needleaires Food Pantry 12:45 DVD of Josiah Kauffman performance in Don Quixote with Indiana Ballet Academy	15 8 am Couch to 5K Walking 8:30 am Pinochle 12:45 pm Bingo	16 8 am Yoga 9 am Movement in Motion 12:30 Pinochle	17 
18	19 9 am Movement in Motion <b><u>1 pm Board Meeting</u></b>	20 8 am Couch to 5K Walking 9 am Yoga 10 am Full Body Exercise 12:30 pm Hand & Foot	21 Birthday Celebration 9 am Movement in Motion 9 am Needleaires Food Pantry 12:45 Walking Club	22 8 am Couch to 5K Walking 8:30 am Pinochle 12:45 pm Bingo Blood Pressure Check <b>7- 8:30 am Breakfast Club</b>	23 8 am Yoga 9 am Movement in Motion 12:30 Pinochle Around the World: Norway	24

25



26

9 am Movement in Motion  
12:30 pm Scrabble  
12:30 Cribbage

27

8 am Couch to 5K Walking  
9 am Yoga  
10 am Full Body Exercise  
12:30 pm Hand & Foot

28

9 am Movement in Motion  
9 am Needleaires  
Food Pantry  
10:00 Hike (TBA)

29

8 am Couch to 5K Walking  
8:30 am Pinochle  
12:45 pm Bingo

30

8 am Yoga  
9 am Movement in Motion  
12:30 Pinochle

31

