








Gladstone Seniors Residents

August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activities may change on daily basis due to weather, cancellations or last minute additions.</p>		<p>1 9:30 Fun & Fitness/ Brain Gym 2:00 Whist/ Table Games</p>	<p>2 9:30 Fun & Fitness/ Chair Yoga 11:00 Rosary 2:00 Card Bingo</p>	<p>3 9:30 Fun & Fitness/ Brain Gym 10:30 Lutheran Church Service 2:00 Ice Cream cones outside in the Court Yard</p>	<p>4 9:30 Fun & Fitness/ Chair Yoga 12:30 Corndog Lunch outside in the Court Yard We will have a lunch Menu and signup sheet before hand</p>	<p>5</p> 
<p>6</p> 	<p>7</p>  <p>Civic Holiday</p>	<p>8 9:30 Fun & Fitness/ Brain Gym 2:00 Whist/ Table Games</p>	<p>9 9:30 Fun & Fitness/ Chair Yoga 11:00 Rosary 2:00 Bingo</p>	<p>10 9:30 Fun & Fitness/ Brain Gym 10:30 Church Service 2:00 Nails</p>	<p>11 9:30 Fun & Fitness/ Chair Yoga 2:00 Ice Cream Sundae's in the court Yard We will have a lunch Menu and signup sheet before hand</p>	<p>12</p> 
<p>13</p>	<p>14 9:30 Fun & Fitness/ Chair Yoga 2:00 Scenic Walk</p>	<p>15 9:30 Fun & Fitness/ Brain Gym 2:00 Whist/ Table Games</p>	<p>16 9:30 Fun & Fitness/ Chair Yoga 11:00 Rosary 2:00 Card Bingo</p>	<p>17 9:30 Fun & Fitness/ Brain Gym 10:30 Church Service 2:00 Popcorn and a Movie</p>	<p>18 9:30 Fun & Fitness/ Chair Yoga 12:30 Corndog lunch in Court Yard We will have a lunch Menu and signup sheet before hand</p>	<p>19</p>
<p>20</p> 	<p>21 9:30 Fun & Fitness/ Chair Yoga 2:00 Sing-a-long with Pearl</p>	<p>22 9:30 Fun & Fitness/ Brain Gym 2:00 Whist/ Table Games</p>	<p>23 9:30 Fun & Fitness/ Chair Yoga 11:00 Rosary 2:00 Bingo</p>	<p>24 9:30 Fun & Fitness/ Brain Gym 10:30 Church Service 2:00 Nails</p>	<p>25 9:30 Fun & Fitness/ Chair Yoga 12:30 Social Tea Outside in the Court Yard. We will have a lunch Menu and signup sheet before hand</p>	<p>26</p> 
<p>27</p>	<p>28 9:30 Fun & Fitness/ Chair Yoga 1:00 Hearing Test Clinic for people without hearing aids.</p>	<p>29 9:30 Fun & Fitness/ Brain Gym 2:00 Popsicles outside in the Court Yard</p>	<p>30 9:30 Fun & Fitness/ Chair Yoga 11:00 Rosary 2:00 Card Bingo</p>	<p>31 9:30 BP/WT Clinic in Dining Room 10:30 Church Service 2:00 Scenic Walk</p>	