

August 2026

(218) 736-6842

Building Hours: Monday - Thursday 7:30 a.m. - 4:00 p.m., Friday 7:30 a.m. - 3:00 p.m.

Office Hours: Monday - Thursday 7:30 a.m. to 1:00 p.m., Fridays 7:30 a.m. - 11:00 a.m.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 	3 9:30 Crafts & Quilts 10:00 Circuit Training 12:45 Whist	4 8:45 Duplicate Bridge 9:00 Steady & Strong Exercise Class 1:00 Ice Cream Social w/Steve Warner Entertaining	5 9:00 Beginner Line Dancing 10:00 Line Dancing 10:00 Women's Pool 12:45 Phase 10 Cards	6 9:00 Steady & Strong Exercise Class 10:00 Circuit Training 11:00 Red Hats to Big Chief/Pontoon Ride Meet @ the Sr Center 12:30 Pinochle	7 8:45 Duplicate Bridge 12:45 Bingo	8 M-Turkey Pasta Salad T-Ham Salad Sandwich W-Spaghetti TH-Pork Sandwich F-Meatloaf
9	10 9:00 Program Meeting 9:30 Crafts & Quilts 10:00 Circuit Training	11 8:45 Duplicate Bridge 9:00 Steady & Strong Exercise Class 11:00 Outstate Brewery Tour-SIGN UP! 12:45 Whist	12 9:00 Beginner Line Dancing 9:00 Coffee w/Board 9:30 Board Meeting 10:00 Line Dancing 10:00 Women's Pool 12:45 Phase 10 Cards	13 8:00 Foot Care 9:00 Steady & Strong Exercise Class 10:00 Circuit Training 12:30 Pinochle	14 8:00 Foot Care 8:45 Duplicate Bridge 12:45 Bingo	15 M-Pepper Steak T-BBQ Chicken W-Pork Stroganoff TH-Egg Salad/Bun F-Baked Ham
16 	17 9:00 Financial Wellness Seminar 9:30 Crafts & Quilts 10:00 Circuit Training	18 8:45 Duplicate Bridge 9:00 Steady & Strong Exercise Class 12:45 Whist	19 9:00 Beginner Line Dancing 10:00 Line Dancing 10:00 Women's Pool 12:45 Phase 10 Cards	20 9:00 Steady & Strong Exercise Class 10:00 Circuit Training 11:00 Stroke Awareness Booth 11:30 Birthday/Friendship Celebration 12:30 Pinochle	21 8:30 Fold Newsletter 8:45 Duplicate Bridge 12:45 Bingo	22 M-Meatballs T-Chicken Strips W-Cheeseburger TH-Baked Chicken F-Polish Sausage
23	24 9:30 Crafts & Quilts 10:00 Circuit Training	25 8:45 Duplicate Bridge 9:00 Steady & Strong Exercise Class 12:45 Whist	26 9:00 Beginner Line Dancing 10:00 Line Dancing 10:00 Women's Pool 12:45 Phase 10 Cards	27 9:00 Steady & Strong Exercise Class 10:00 Circuit Training 12:30 Pinochle	28 8:45 Duplicate Bridge 12:45 Bingo	29 M-Paprika Chicken T-Cook's Choice W-Cook's Choice TH-Egg Bake F-Roast Turkey
30 	31 9:30 Crafts & Quilts 10:00 Circuit Training	Coming This September: Functional Fitness Assessments September is Falls Prevention Month, making it the perfect time to offer Functional Fitness Assessments to help evaluate balance and lower-body strength—two important factors in fall prevention. Watch the September newsletter for more information. 				M-Chicken & Rice Hotdish 