

# August 2018      Senior Activities-YMCA of McDonough County

Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>Water Fitness Classes appropriate for Seniors:</u></b> M/W/F-Water Workout at 2pm T/Th-Water Walking at 9:15am T/Th-Arthritis/Mobility at 10am Water classes end August 11.	<b><u>Phone Numbers for Meal Sites</u></b> Macomb      837-5733 Bushnell      772-2279 Colchester      776-4366 Industry      255-7626	1 10:15 Balance Stretch Strength 11:30 Lunch 12:30 Scrabble and <b>Pinochle</b>	2 8:00 Master Builders 11:30 Lunch 5:00 Pitch Potluck 5:30 Pitch  <i>Line Dance Demo Day</i>	3 8:00 Pilates w/ Heather 10:15 Balance Stretch Strength 11:30 Lunch
6 8:00 Pilates w/ Heather 10:15 Balance Stretch Strength 11:30 Lunch	7 8:00 Master Builders 11:30 Lunch <b>12:30 Canasta</b> 3:00 Forever Fit! 4:00 Kneedlers	8 10:15 Balance Stretch Strength 11:30 Lunch 12:30 Scrabble and <b>Bridge</b>	9 8:00 Master Builders 11:30 Lunch 1:00 Line Dancing 5:30 Pitch	10 8:00 Pilates w/ Heather <b>9:30 Card Construction Workshop*</b> 10:15 Balance Stretch Strength 11:30 Lunch
13 8:00 Pilates w/ Heather 10:15 Balance Stretch Strength 11:30 Lunch <b>2:00 Caregiver Support Group</b>	14 8:00 Master Builders 11:30 Lunch <b>12:30 Mexican Train</b> 3:00 Forever Fit! 4:00 Kneedlers	15 10:15 Balance Stretch Strength 11:30 Lunch 12:30 Scrabble and <b>Pinochle</b>	16 8:00 Master Builders 11:30 Lunch 1:00 Line Dancing 5:30 Pitch	17 8:00 Pilates w/ Heather 10:15 Balance Stretch Strength 11:30 Lunch
20 <b>YMCA Annual Shutdown</b> Senior Center open 8-4pm <u>YMCA open 8-4pm Business only</u>  <b>August Birthday Bash!</b> 11:30 Lunch- <b>Birthday Lunch</b> <b>12:30 Bingo w/The Lamoine</b>	21 <b>YMCA Annual Shutdown</b> Senior Center open 8-4pm <u>YMCA open 8-4pm Business only</u> 11:30 Lunch <b>12:30 Canasta</b> 1:00 Kneedlers 3:00 Forever Fit!	22 <b>YMCA Annual Shutdown</b> Senior Center open 8-4pm <u>YMCA open 8-4pm Business only</u>  11:30 Lunch 12:30 Scrabble and <b>Bridge</b>	23 <b>YMCA Annual Shutdown</b> Senior Center open 8-4pm <u>YMCA open 8-4pm Business only</u>  11:30 Lunch 1:30 Line Dancing	24 <b>YMCA Annual Shutdown</b> Senior Center open 8-4pm <u>YMCA open 8-4pm Business only</u>  11:30 Lunch
27 11:30 Lunch	28 11:30 Lunch <b>12:30 Mexican Train</b> 3:00 Forever Fit! 4:00 Kneedlers	29 11:30 Lunch 12:30 Scrabble	30 11:30 Lunch 1:00 Line Dancing 5:30 Pitch	31 11:30 Lunch

\*Please register for program by calling the Senior Center Office at 309-837-5733.      *If a meal needs to be cancelled please do so by 1pm the preceding day.*