

Monday August 17	Tuesday August 18	Wednesday August 19	Thursday August 20	Friday August 21
 <p><b>Art with Carmel</b></p> <p><b>Today's Craft:</b></p> <p><b>Repurposing Milk Crates into home storage</b></p> 	 <p><b>NATIONAL GOLF MONTH</b></p> <p><b>TECHNOLOGY TUESDAY</b></p> <p>This Weeks Topic: Helpful Tips during Covid 19        Email us your Questions  <a href="mailto:mprdseniors@cityofmobile.org">mprdseniors@cityofmobile.org</a></p> 	 <p><b>WORKOUT WEDNESDAY</b></p>  <p><b>GRAB YOUR WATER AND JOIN US AS WE SHOW YOU SOME EXERCISES YOU CAN DO AT HOME!</b></p> 	 <p><b>MAYHEM IN THE KITCHEN WITH MARY</b></p> <p><b>Easy Chicken Dumplings</b></p> 	<p><b>This week we are going to Gee's Bend, Alabama to learn about the Quiltmakers of Gee's Bend</b></p>  <p>Quiltmakers of Gee's Bend explores the extraordinary lives, inspirations, and history of these artists, and also follows them on a poignant and sometimes very comical bus journey to see their quilts exhibited at The Milwaukee Art Museum.</p> <p><a href="https://www.pbs.org/video/ala-bama-public-television-documentaries-quiltmakers-of-gees-bend/">https://www.pbs.org/video/ala-bama-public-television-documentaries-quiltmakers-of-gees-bend/</a></p>
	 <p>@ 1PM with Jessica</p> <p>Go to <a href="https://www.zoom.us/join">www.zoom.us/join</a>        Enter ID: 997 785 0052        Enter password: seniors        Bingo cards are available @ Connie Hudson- on the bench by the front door.</p>		 <p>@ 1PM with Jessica</p> <p>Go to <a href="https://www.zoom.us/join">www.zoom.us/join</a>        Enter ID: 997 785 0052        Enter password: seniors        Bingo cards are available @ Connie Hudson- on the bench by the front door.</p>	

**City Updates:** Even though we are closed to the public, we want to bring RECREATION to YOU!! We are still here by phone or email if you have any questions.