

AUG 2018

ACTIVITIES

MTN.VIEW SR. CTR.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 5pm Pizza Music
5	6 9:00am Board Mtg.	7 12:30 Card Class	8	9	10	11
12	13	14	15	16 11:15 Cardio- pulmonary screening 4:00PM DEEP	17	18
19	20	21 12:30 Card class	22 9:00-12 Foot Care	23 4:00pm DEEP	24	25
26	27	28	29	30 4:00 pm DEEP	31	

Mon	Tue	Wed	Thur	Fri
7:30	7:30	7:30	7:30	7:30
	Qigong		Qigong	
8:00	8:00	8:00	8:00	8:00
	Floor Exercise		Floor Exercise	
10	10	10	10	10
Arthritis Exercise	Line Dance	Arthritis Exercise	Line Dance	Arthritis Exercise
11	11	11	11	11
Thi-Chi				Thi-Chi
12	12:30	12	12	12:30
	Hand to foot			Hand to foot cards
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3
5	5	5	5	5
Thi-Chi		Thi-Chi		
6	6	6	6	6