

# MONTHLY CALENDAR AUGUST 2019

<p>MAUREEN &amp; MARY 406 SW School ST #106 Ankeny IA 50021 BUS #283-8136 Phone 963-0527</p>			<p>1 Pool 9:00-3:00 Exercise 9:00-11:00 <b>CHAIR YOGA 11:00-11:20</b></p>	<p>2 Pool 9:00-3:00 Exercise 9:00-11:00 <b>Bingo 12:00-12:30</b></p>
<p>5 Pool 9:00-3:00 Exercise 9:00-11:00 <b>Bingo 12:00-12:30</b> <b>BLOOD PRESSURE</b></p>	<p>6 Pool 9:00-3:00 Exercise 9:00-11:00</p>	<p>7 Pool 9:00-3:00 Exercise 9:00-11:00 <b>Senior Counselor (Mike)</b> <b>Visiting Nurse</b></p>	<p>8 Pool 9:00-3:00 Exercise 8:00-11:00 <b>CHAIR YOGA 11:00-11:20</b></p>	<p>9 Pool 9:00-3:00 Exercise 9:00-11:00 Cards 12:15-4:00 Mah Jong 1:00-3:00 <b>BINGO</b></p>
<p>12 Pool 9:00-3:00 Exercise 9:00-11:00 <b>Bingo 12:00-12:30</b> <b>MEALS FROM THE HEARTLAND</b> <b>9:30-11:30(SERVICE PROJECT)</b></p>	<p>13 Pool 9:00-3:00 Exercise 9:00-11:00</p>	<p>14 Pool-9:00-3:00 Exercise 9:00-11:00</p>	<p>15 <b>Chair Yoga 11:00-11:30</b> Pool 9:00-3:00 Exercise 8:00-11:00</p>	<p>16 <b>TIM (FOOT NURSE)</b> Pool 9:00-3:00 Exercise 9:00-11:00 Cards 12:15-4:00 Mah Jong 1:00-3:00 <b>BINGO</b></p>
<p>19 Pool 9:00-3:00 Exercise 9:00-11:00 <b>Bingo 12:00-12:30</b></p>	<p>20 Pool 9:00-3:00 Exercise 9:00-11:00</p>	<p>21 Pool 9:00-3:00 Exercise 9:00-11:00</p>	<p>22 Pool 9:00-3:00 Exercise 8:00-11:00 <b>CHAIR YOGA 11:00-11:20</b></p>	<p>23 <b>MUSIC (RON LARSON)</b> Cards 12:45-4:00 Pool 9:00-3:00 Exercise 9:00-11:00 Mah Jong 1:00-3:00 <b>BINGO</b> <b>TIM (FOOT NURSE)</b></p>
<p>26 Pool 9:00-3:00 Exercise 9:00-11:00 <b>Bingo 12:00-12:30</b></p>	<p>27 Pool 9:00-3:00 Exercise 9:00-11:00</p>	<p>28 Pool 9:00-3:00 Exercise 9:00-11:00</p>	<p>29 Pool 9:00-3:00 Exercise 8:00-11:00 <b>Chair Yoga 11:00-11:20</b></p>	<p>30 Pool 9:00-3:00 Exercise 9:00-11:00 Cards 12:15-4:00 Mah-Jong 1:00-3:00 <b>BINGO</b></p>