




# August 2019 Wellness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>RED = BUS TRIP</b>  <b>BLUE = EXERCISE</b>  <b>BLACK = VILLAGE</b>  <b>ACTIVITES</b>  <b>GREEN = PARTIES</b></p>			<p>1            12:00 Sit and Be Fit            1:00 Theater Thursday</p>	<p>2            10:00 GitFit            2:00 Calendar Planning Meeting</p>	3
4	<p>5            11:00 Matter of Balance</p> <p style="text-align: center;"><b><u>NO GITFIT</u></b></p>	<p>6            10:00 God's Word and Prayer            11:00 TOPS            12:00 Sit &amp; Be Fit            1:00 Cooking For One</p>	<p>7            10:00 GitFit            12:00 Walmart and Chase Bank            2:30 Blood Pressure Clinic            3:00 Stretch and Flex</p>	<p>8            12:00 Sit and Be Fit            1:00 Horse Racing Game</p> <p style="text-align: center;"><b><u>FRUITS &amp; VEGETABLES</u></b></p>	<p>9            10:00 GitFit            11:00 Pontiac District State Rep:  <i>Brenda Carter</i></p>	10
11	<p>12            10:00 GitFit            11:00 Matter of Balance            2:00 Greg From Pontiac Library</p>	<p>13            10:00 God's Word and Prayer            11:00 TOPS            12:00 Sit &amp; Be Fit</p>	<p>14            10:00 GitFit            12:00 Kroger            2:30 Blood Pressure Clinic            3:00 Stretch and Flex</p>	<p>15            12:00 Sit and Be Fit            1:00 Theater Thursday</p> <p style="text-align: center;"><b><u>FOCUS HOPE</u></b></p>	<p>16            10:00 GitFit            2:00 Birthdays &amp; Bingo</p> <div style="text-align: center;">  </div>	17
18	<p>19            10:00 GitFit            11:00 Matter of Balance</p>	<p>20            10:00 God's Word and Prayer            11:00 TOPS            12:00 Sit &amp; Be Fit            1:00 Cooking For One</p>	<p>21            10:00 GitFit            12:00 Hollywood Markets            2:30 Diabetes Awareness and            Emergency Preparedness  <i>Presented by Sabrina</i></p> <p style="text-align: center;"><b><u>NO STRETCH AND FLEX</u></b></p>	<p>22            12:00 Sit and Be Fit            1:00 Fowling Fun!!</p>	<p>23            4:00 VOW's 39th Anniversary Party!  <ul style="list-style-type: none"> <li>• Food</li> <li>• Games</li> <li>• Entertainment</li> </ul> <p style="text-align: center;"><i>Please bring friends and family</i></p> </p>	24
25	<p>26            10:00 GitFit            11:00 Matter of Balance            1:00 Adult coloring  <i>Snacks will be provided</i></p>	<p>27            10:00 God's Word and Prayer            11:00 TOPS            12:00 Sit &amp; Be Fit            2:00 Resident Council Meeting</p>	<p>28            10:00 GitFit            1:00 Cooking For One            2:30 Blood Pressure Clinic            3:00 Stretch and Flex</p>	<p>29            12:00 Sit and Be Fit            1:00 Captel Phone Presentation</p>	<p>30            10:00 GitFit</p>	31