



AUGUST 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am - LUNCH: Chicken Cacciatore 12:15 pm - BINGO <i>1st game - cash prize</i>	9:00 am - SR. FLOOR YOGA (Class meets at the Curtiss Mansion) 10:30 am - CHAIR EXERCISE (Class meets at the Senior Center) 11:30 am - LUNCH: Picadillo 12:30 pm - TAI CHI (Class meets at the Optimist Club)	9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am - LUNCH: Baked Ham 12:15 pm: "WALK WISE SAFETY TIPS" Sponsored by FDOT	9:00 am - SR. FLOOR YOGA (Class meets at the Curtiss Mansion) 10:30 am - CHAIR EXERCISE (Class meets at the Senior Center) 11:30 am - LUNCH: Tuna Salad & Soup 12:30 pm - TAI CHI (Class meets at the Optimist Club) 12:45 pm - Grocery Shopping	9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center) 11:30 am - LUNCH: BBQ Pork
8	9	10	11	12
9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am - LUNCH: Beef Stew 12:15 pm - BINGO	9:00 am - SR. FLOOR YOGA (Class meets at the Curtiss Mansion) 10:30 am - CHAIR EXERCISE (Class meets at the Senior Center) 11:30 am - LUNCH: Breaded Fish Wedge 12:15 pm - MS/VG Senior Citizens' Club Meeting 12:30 pm - TAI CHI (Class meets at the Optimist Club)	9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am - LUNCH: Shredded BBQ Chicken 12:15 pm - "HOMESTEAD TAX EXEMPTIONS for CERTAIN SENIOR, LOW- INCOME, LONG-TERM RESIDENTS" -presentation by Sidney Garton	9:00 am - SR. FLOOR YOGA (Class meets at the Curtiss Mansion) 10:30 am - CHAIR EXERCISE (Class meets at the Senior Center) 11:30 am - LUNCH: Roast Turkey 12:30 pm - TAI CHI (Class meets at the Optimist Club) 12:45 pm - Grocery Shopping	9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center) 11:30 am - LUNCH: Vegetarian Lasagna 1:15 pm - FIELD TRIP: WAL-MART <i>18 may go</i>
15	16	17	18	19
9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am - LUNCH: BBQ Brisket of Beef 12:15 pm - BINGO	9:00 am - SR. FLOOR YOGA (Class meets at the Curtiss Mansion) 10:30 am - CHAIR EXERCISE (Class meets at the Senior Center) 11:30 am - LUNCH: Chicken Chasseur 12:30 pm - TAI CHI (Class meets at the Optimist Club) 1:30-2:30 pm: "GROCERY GUIDE" Tour of Publix (for English speakers) -Sponsored by AARP Foundation	9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am - LUNCH: Stuffed Pepper 12:15 pm: "NEW DIETARY GUIDELINES" -Jackie Gibson, Ext. Agent IV, MS, University of FL IFAS Extension 9:30 am-2:30 pm: FL DRIVER'S LICENSES & ID CARDS ISSUED at the Senior Center	9:00 am - SR. FLOOR YOGA (Class meets at the Curtiss Mansion) 10:30 am - CHAIR EXERCISE (Class meets at the Senior Center) 11:30 am - LUNCH: Roast Pork Chunks  12:00 pm - BIRTHDAY & ANNIVERSARY PARTY 12:30 pm - TAI CHI (Class meets at the Optimist Club) 12:45 pm - Grocery Shopping	9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center) 11:30 am - LUNCH: Turkey 12:15 pm: "HONOR FLIGHTS" - presentation by Elaine Martin Raffle Items on Display!
22	23	24	25	26
9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am - LUNCH: Chicken Fricasee 12:15 pm - BINGO	9:00 am - SR. FLOOR YOGA (Class meets at the Curtiss Mansion) 10:30 am - CHAIR EXERCISE (Class meets at the Senior Center) 11:30 am - LUNCH: Chili Con Carne 12:30 pm - TAI CHI (Class meets at the Optimist Club) 1:30-2:30 pm: "GROCERY GUIDE" Tour of Publix (for Spanish speakers) -Sponsored by AARP Foundation	9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am - LUNCH: Egg Salad & Soup 1:15 pm - FIELD TRIP: ATLANTIC HOSIERY & APPAREL OUTLET <i>18 may go</i>	9:00 am - SR. FLOOR YOGA (Class meets at the Curtiss Mansion) 10:30 am - CHAIR EXERCISE (Class meets at the Senior Center) 11:30 am - LUNCH: Meat Loaf 12:30 pm - TAI CHI (Class meets at the Optimist Club) 12:45 pm - Grocery Shopping	9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center) 11:30 am - LUNCH: Shredded Pork Sandwich Raffle Items Awarded!
29	30	31		
9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am - LUNCH: Chicken Cacciatore 12:15 pm - BINGO	9:00 am - SR. FLOOR YOGA (Class meets at the Curtiss Mansion) 10:30 am - CHAIR EXERCISE (Class meets at the Senior Center) 11:30 am - LUNCH: Picadillo 12:15 pm - CRIME WATCH PROGRAM MSPD Community Policing Office 12:30 pm - TAI CHI (Class meets at the Optimist Club)	9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am - LUNCH: Baked Ham 12:15 pm: "ALZHEIMER'S TALK" -Sponsored by Chen Medical Center		