

FORSYTH SENIOR CENTER ACTIVITIES AUGUST 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 S.A.I.L. BALANCE/EXERCISE CLASS 9:30	2 9:00 CHAIR EXERCISE	3 WHEEL OF FORTUNE	4 9:00 CHAIR EXERCISE 12:30 BINGO	5 S.A.I.L. BALANCE/EXERCISE CLASS 9:30 SHORT STORY CLUB
8 S.A.I.L. BALANCE/EXERCISE CLASS 9:30	9 BIRTHDAY DAY!! 9:00 CHAIR EXERCISE LINDA WOLFF FROM ACTION--NOON	10 MOVIE DAY??	11 9:00 CHAIR EXERCISE 12:30 BINGO	12 S.A.I.L. BALANCE/EXERCISE CLASS 9:30 SHORT STORY CLUB
15 S.A.I.L. BALANCE/EXERCISE CLASS 9:30	16 CRAFTS 12:30 FOOT CLINIC—CALL US FOR AN APPT.	17 CARDS	18 9:00 CHAIR EXERCISE 12:30 BINGO	19 S.A.I.L. BALANCE/EXERCISE CLASS 9:30 HAWAIIAN PARTY!!!
22 S.A.I.L. BALANCE/EXERCISE CLASS 9:30	23 9:00 CHAIR EXERCISE	24 CARDS	25 9:00 CHAIR EXERCISE 12:30 BINGO	26 S.A.I.L. BALANCE/EXERCISE CLASS 9:30 SHORT STORY CLUB
27 S.A.I.L. BALANCE/EXERCISE CLASS 9:30	28 9:00 CHAIR EXERCISE	29 CARD SOCIAL	30 9:00 CHAIR EXERCISE 12:30 BINGO	31 S.A.I.L. BALANCE/EXERCISE CLASS 9:30 LIVE MUSIC?

