

El Mirage Senior Center Activities – August 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>El Mirage Senior Center 14010 N. El Mirage Rd. 623-876-4232</p> <p>Hours: 8:00am to 1:00pm</p>	<p style="text-align: right;">1</p> <p>8:00 Breakfast 8:30 Gardening 9:00 Medicare Bingo 10:00 Line-Dancing 11:30 Table Games 12:00 Commodities</p>	<p style="text-align: right;">2</p> <p>8:00 Breakfast 8:30 Gardening 9:30 Bingo 10:00 Exercise 11:30 Art Class with Freddy 12:00 Wii Bowling</p>
<p style="text-align: right;">5</p> <p>8:00 Breakfast 8:30 Chair Yoga 9:00 Nutrition Class 10:00 Two Mile Walk 11:30 Surprise Bingo 12:00 Commodities</p> 	<p style="text-align: right;">6</p> <p>8:00 Breakfast 9:00 Regular Bingo 10:00 Video Exercise 10:00 Sewing Club 11:30 Desert Diamond Casino</p>	<p style="text-align: right;">7</p> <p>8:00 Breakfast 9:00 Support Group 9:00 Sewing Club 10:00 Two Mile Walk 11:00 Lunch 11:30 Brain Games/Coloring</p> 	<p style="text-align: right;">8</p> <p>8:00 Breakfast 8:30 Gardening 9:00 Medicare Bingo 10:00 Line-Dancing 11:30 Table Games 12:00 Commodities</p>	<p style="text-align: right;">9</p> <p>8:00 Breakfast 8:30 Gardening 9:30 Bingo 10:00 Exercise 11:30 Art Class with Freddy 12:00 Wii Bowling</p>
<p style="text-align: right;">12</p> <p>8:00 Breakfast 8:30 Chair Yoga 9:00 Nutrition Class 10:00 Two Mile Walk 11:30 Surprise Bingo 12:00 Commodities</p>	<p style="text-align: right;">13</p> <p>8:00 Breakfast 9:00 Regular Bingo 10:00 Video Exercise 10:00 Sewing Club 11:30 Coloring and brain games 12:00 Arizona History with Ruby</p>	<p style="text-align: right;">14</p> <p>8:00 Breakfast 9:00 Support Group 9:00 Sewing Club 10:00 Two Mile Walk 11:00 Lunch 11:30 Brain Games/Coloring</p>	<p style="text-align: right;">15</p> <p>8:00 Breakfast 8:30 Gardening 9:00 Medicare Bingo 10:00 Line-Dancing 11:30 Table Games 12:00 Commodities</p>	<p style="text-align: right;">16</p> <p>8:00 Breakfast 8:30 Gardening 9:30 Bingo 10:00 Exercise 11:30 Art Class with Freddy 12:00 Wii Bowling</p>
<p style="text-align: right;">19</p> <p>8:00 Breakfast 8:30 Chair Yoga 9:00 Nutrition Class 10:00 Two Mile Walk 11:30 Surprise Bingo 12:00 Commodities</p>	<p style="text-align: right;">20</p> <p>8:00 Breakfast 9:00 Regular Bingo 10:00 Video Exercise 10:00 Sewing Club 11:30 Coloring and brain games 12:00 Arizona History with Ruby</p>	<p style="text-align: right;">21</p> <p>8:00 Breakfast 9:00 Support Group 9:00 Sewing Club 10:00 Two Mile Walk 11:00 Lunch 11:30 Brain Games/Coloring</p>	<p style="text-align: right;">22</p> <p>8:00 Breakfast 8:30 Gardening 9:00 Medicare Bingo 10:00 Line-Dancing 11:30 Table Games 12:00 Commodities</p>	<p style="text-align: right;">23</p> <p>8:00 Breakfast 8:30 Gardening 9:30 Bingo 10:00 Exercise 11:30 Art Class with Freddy 12:00 Wii Bowling</p>
<p style="text-align: right;">26</p> <p>8:00 Breakfast 8:30 Chair Yoga 9:00 Nutrition Class 10:00 Two Mile Walk 11:30 Surprise Bingo 12:00 Commodities</p> 	<p style="text-align: right;">27</p> <p>8:00 Breakfast 9:00 Regular Bingo 10:00 Video Exercise 10:00 Sewing Club 11:00 Coloring and brain games 11:30 Birt's Bistro</p>	<p style="text-align: right;">28</p> <p>8:00 Breakfast 9:00 Support Group 9:00 Sewing Club 10:00 Two Mile Walk 11:00 Lunch 11:30 Brain Games/Coloring</p>	<p style="text-align: right;">29</p> <p>8:00 Breakfast 8:30 Gardening 9:00 Medicare Bingo 10:00 Line-Dancing 11:30 Table Games 12:00 Commodities</p>	<p style="text-align: right;">30</p> <p>8:00 Breakfast 8:30 Gardening 9:30 Bingo 10:00 Exercise 11:30 Art Class with Freddy 12:00 Wii Bowling</p>