



# August 2026



| Monday                                                                                                                      |  | Tuesday                                                                                                                                                                        |  | Wednesday                                                                                                                                              |  | Thursday                                                              |  | Friday                                                                         |  |
|-----------------------------------------------------------------------------------------------------------------------------|--|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--------------------------------------------------------------------------------------------------------------------------------------------------------|--|-----------------------------------------------------------------------|--|--------------------------------------------------------------------------------|--|
| 3<br>1:00 BINGO<br>                        |  | 4<br>9:00 Arthritis Exercise<br>10:30 Music w/ Bud Sevens<br>1:00 Mah Jongg<br>               |  | 5<br>1:00 Cribbage<br>                                               |  | 6<br>9:00 Tai Chi<br>10:30 Creative Expression                        |  | 7<br>9:00 Arthritis Exercise<br><br><br>6:00 Game Night                        |  |
| 10<br>1:00 BINGO<br>                       |  | 11<br>9:00 Arthritis Exercise<br>1:00 Mah Jongg<br>                                           |  | 12<br>9:30 Trip to Polly's Pancake<br>1:00 Cribbage<br>              |  | 13<br>9:00 Tai Chi<br>1:00 Music w/ Deb Hampson                       |  | 14<br>9:00 Arthritis Exercise<br><br><br>6:00 Game Night                       |  |
| 17<br>GLSC Office Closed<br>1:00 BINGO<br> |  | 18<br>GLSC Office Closed<br>9:00 Arthritis Exercise<br>1:00 Mah Jongg<br>                     |  | 19<br>GLSC Office Closed<br>10:30 Fiber Buddies<br>1:00 Cribbage<br> |  | 20<br>GLSC Office Closed<br>9:00 Tai Chi<br>10:30 Creative Expression |  | 21<br>GLSC Office Closed<br>9:00 Arthritis Exercise<br><br><br>6:00 Game Night |  |
| 24<br>1:00 BINGO<br>                     |  | 25<br>Foot Clinic Day-reservation required<br>9:00 Arthritis Exercise<br>1:00 Mah Jongg<br> |  | 26<br>1:00 Cribbage<br>                                            |  | 27<br>9:00 Tai Chi<br>12:00 Bernie Sanders Lunch                      |  | 28<br>9:00 Arthritis Exercise<br><br><br>6:00 Game Night                       |  |
| 31<br>1:00 SUPER BINGO<br>               |  |                                                                                            |  |                                                                                                                                                        |  |                                                                       |  |                                                                                |  |

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