

# AUGUST 2023

S	M	T	W	T	F	S
		1 coffee & tea 10am  Tai chi 2pm	2 widows lunchout 10am Tai chi w/ Dhyana. 1pm Shen Zhen w/ Lisa	3 G.J trip 9am tai chi	4 9:30 easy movement w/ winy friend	5 Becky
6	7 Bingo 930  3pm chess	8 C&T 10am Deaf & Hearing discussion  Tai chi 2pm	9 10 Tai chi w/ Dhyana 1pm Shen Zhen w/ Lisa	10 Tai chi 9am	11 sing along on the pavilion w/ Dore Anneson & friends. 5pm. Bring a pot luck dish to share.	12
13	14 Bingo 930  3pm chess	15 Get up & Go committee 9:30am  Tai chi 2pm	16 Dayana's b.day ♥ 10am Tai chi w/ Dhyana 1pm Shen Zhen w/ Lisa	17 Tai chi 9am feather wand craft 10am	18	19
20	21 Bingo 930  3pm chess	22 C&T 10am w/ Roy & Lucy Baskets & clay Tai chi 2pm	23 BOOK Club Half Broke Horses 10am 10am Tai chi w/ Dhyana 1pm Shen Zhen	24 Tai chi 9am	25 movie matinee 12:45 pm	26
27 Leaving for South Dakota - Diamond Bus tour	28 NO Bingo	29 NO C&T	30 10am Tai Chi Dhyana 1pm Shen Zhen	31		returning home from South Dakota