

NAME:



August 2025 Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Wii Bowling daily at 9am Cards, pool table, Chess, Dominoes, Fitness Room available daily</p>				<p>9:30a=BRASS Chair Strength 10a=Tech Help 11a=Computer Class 11a=Paint w/Silvia \$2 11:30a=Casey's Pre-Planning Event @ the Courtyard</p>
<p>10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback 12p=Sr. Ctr. Meeting (WCAAA)</p>	<p>9:30a=Chair Yoga I 10a=B/P 10a=Farmers Mkt 10:30a=Chair Yoga II 11:30a=Café Lunch 12:30p=Bingo</p>	<p>9:30a=Stretch/Tone 9:30a=Public Works Visit 10a=BCH Nutrition 10a=Chair Massage-\$15 11a=BRASS Crochet 12:30p=Sewing (5/6)</p>	<p>9:30a=Sea Mist Thimble Islands Cruise 10a=BRASS Quilting 11a=Poker 11:30a=Café Lunch 12:30p=Wisewoman 1p=Boxing 1 (There)</p>	<p>9:30a=BRASS Chair Strength 10a=Tech Help 11a=Computer Class 11a=Paint w/Silvia \$2 11:30a=Interns Last Day Ice Cream Party</p>
<p>10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback 12:30p=Jessica Dorner Nutrition</p>	<p>9:30a=Chair Yoga I 10a=Farmers Mkt 10a=B/P 10:30a=Chair Yoga II 11:30a=Café Lunch 12:30p=Bingo</p>	<p>9:30a=BCH Nutrition Trip-Sunshine Lavender Farm 9:30a=Stretch/Tone 11a=BRASS Crochet 12:30p=Sewing (6/6)</p>	<p>10a=BRASS Quilting 11a=Poker 11:30a=Café Lunch 12:30p=Mandy Dupont Roundtable 1p=Boxing 2 (There)</p>	<p>9:30a=BRASS Chair Strength 10a=Tech Help 10a=Vets Coffee Hour 11a=Computer Class 11a=Paint w/Silvia \$2 11:30a=Claire Phillips Spy-VJ Day Lunch & Learn</p>
<p>10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback 12:30p=Bank Fraud-Lunch & Learn</p>	<p>9:30a=Chair Yoga I 10a=Farmers Mkt 10a=B/P 10:30a=Chair Yoga II 11:30a=Café Lunch 12:30p=Bingo</p>	<p>10a=BCH Nutrition 12p=The Bare Slate NO Stretch/Tone NO Sewing NO BRASS Crochet</p>	<p>10a=Quilting 11a=Poker 11:30a=Café Lunch 11:30a=Reiki 12:30p=Senior Dine Sign Up NO Boxing</p>	<p>9:30a=BRASS Chair Strength 10a=Tech Help 11a=Computer Class 11a=Paint w/Silvia \$2</p>
<p>10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback</p>	<p>9:30a=Chair Yoga I 10a=Farmers Mkt 10a=B/P 10:30a=Chair Yoga II 11:30a=Café Lunch 12:30p=Bingo</p>	<p>9:30a=Stretch/Tone 10a=BCH Nutrition 10a=Dolce 11a=BRASS Crochet 12:30p=Sewing (1/6)</p>	<p>10a=BRASS Quilting 11a=Poker 11:30a=Café Lunch 12:30p=Cheshire House Balance Evaluation 1p=Boxing 3 (There)</p>	<p>9:30a=BRASS Chair Strength 10a=Tech Help 11a=Virtual Reality 11a=Paint w/Silvia \$2 11:30a=Reflexology 11:30a=CT Taverns Lunch & Learn</p>



August 2025 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Café Lunch served 11:30a to 12:30p Tuesday & Thursday</p> <p>All menus are subject to change</p>	<p>5</p> <p>King Ranch Chicken Brown rice Green beans Dinner roll Fruit Juice</p>		<p>7</p> <p>Minestrone soup w/crx Chicken w/pesto sauce Zucchini Dinner roll Brownie Fruit juice</p>	<p>Suggested Donation for Seniors \$4.00</p>
	<p>12</p> <p>Tropical glazed chicken thigh Confetti brown rice Green beans Wheat bread Cookie Fruit juice</p>		<p>14</p> <p>Potato soup w/crx Chef salad (lettuce, tomato, egg, cheddar cheese & ranch dressing) Cornbread muffin Mandarin oranges Fruit juice</p>	<p>PLEASE NOTE Aids & Guests are asked to pay \$8.14 for lunch. That is what the WSC pays New Opp for lunch</p>
	<p>19</p> <p>Mediterranean Putta- nesca chix breast Lemon orzo Tossed salad/Ranch dressing Italian bread Fruit</p>		<p>21</p> <p>Calif. Veg soup w/crx Salisbury steak w/veg gravy Whipped potatoes Wheat bread Cookie Fruit juice</p>	<p>We are unable to use our funding to pay for lunch- es of individuals under the age of 60</p>
	<p>26</p> <p>Beef tips w/gravy Garlic whipped potato Garden Vegetables White bread Pineapple tidbits</p>		<p>28</p> <p>Mushroom barley soup w/crx Cobb salad (lettuce, tomato, cukes, turkey bacon, egg cheddar cheese & ranch dressing) Flour tortilla Cookie Fruit juice</p>	