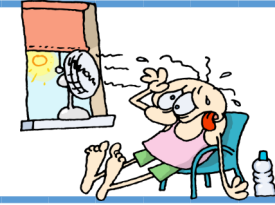


# AUGUST 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Class Start Times:</b> AM: 10 :30 PM: 12:30 Harvesters Prod Dist @ DB—2nd Fri PM	<i>* KCU Volunteers</i> <b>8:30 AM—11:00 AM</b> <i>** St. Luke's Nursing</i> <b>Students—Orientation</b> <b>2 PM</b>	1  Yoga w/Sally AM Bingo PM	2  Crafts AM Bible Study PM	3 Visiting Nurse—All  Yoga w/Sally AM Bingo PM	4 Visiting Nurse— Vietnamese  Tai Chi w/Nina AM Let's Visit—Alaska; <i>Karaoke—Vietnamese</i> <b>PM</b>	5
6	7 <i>Haircuts by Jacque</i> Chair Exercise; Span- ish Yoga w/Ivette AM Knitting w/Joan; Choir w/Tyler PM	8 Mind-Body w/Nina AM Bingo PM	9  Pokeno AM Bible Study PM	10  Yoga w/Sally AM Bingo PM	11 Tai Chi w/Nina AM <i>Spring Roll &amp; Social w/</i> <i>Mimi; Rebecca Grace</i> <i>Taylor performs</i> PM	12
13	14 Spanish Yoga w/Ivette AM Choir w/Tyler PM	15 Yoga w/Sally AM Bingo PM	16 <i>Healthy Snacks by</i> <i>Harvesters</i> AM Bible Study PM	17  Yoga w/Sally AM Bingo PM	18* Tai Chi w/Nina AM <i>Bingo w/Vietnamese;</i> <i>Crocheting w/Nirmal</i> <b>PM</b>	19
20	21 Chair Exercise; Span- ish Yoga w/Ivette AM Knitting w/Joan; Presentation: Chronic Disease Session 2 PM	22 Mind-Body w/Nina AM Bingo PM	23 Crafts AM Bible Study PM	24  Yoga w/Sally AM Bingo PM	25 Tai Chi w/Nina AM Crocheting w/Nirmal; <i>Karaoke—Vietnamese;</i> Gino Bueno performs <b>PM</b>	26
27	28 Spanish Yoga w/Ivette AM Choir w/Tyler PM	29 Yoga w/Sally AM Bingo PM	30 Pokeno AM Bible Study PM	31**  Yoga w/Sally AM Bingo PM		