



CLASSIC MOVIES MONDAYS - 9 a.m.

August 5 Dark Encounter
August 12 Agatha and the Truth
of Murder
August 19 August Rush
August 26 Star Trek

ACTIVITIES

ROOTBEER FLOATS
11:15 a.m., Thursday, August 1

AUGUST BIRTHDAYS
11:00 a.m., Friday, August 2

FRESH COBBLER
11:45 a.m., Wednesday, August 21

MCOA BOARD MEETING
9:45 a.m., Monday, August 26

**BLOOD PRESSURE CHECKS PROVIDED
BY ASPIRE SPECIALTY HOSPITAL**
12:00-1:00 p.m., Thursday, August 29

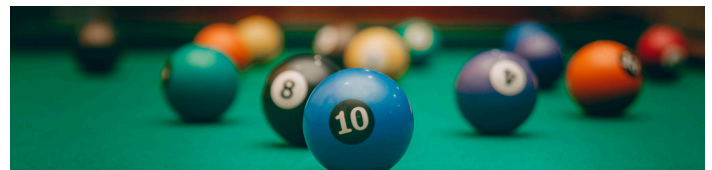


SPEAKERS & MUSIC

**SPEAKER: JEREMY W/GLOBAL
HEALTH**
11:00 a.m., Thursday, August 1

SPEAKER: LINDA W/NUTRITION
11:00 a.m., Thursday, August 22

**SPEAKER: BETTINA
W/LIFESPRING**
11:00 a.m., Thursday, August 29



WEEKLY ACTIVITIES **QUILTING • POOL • TABLE GAMES**

AFTERNOON MOVIEWednesdays - 1 p.m.
ARM CHAIR TRAVELWednesdays - 9 a.m.
BINGOAugust 2, 9, & 19 -12:15 p.m.
BOARD GAMESWednesdays - 12:30 p.m.
CORNHOLEThursdays - 12:30 p.m.
CHAIR YOGATues/Thurs - 10:15 a.m.
EXERCISEMon/Wed/Fri - 10:15 a.m.
LIBRARYTuesday, August 13 & 27 - 10:00 a.m.
OPEN ART STUDIOTues - 8:30a.m. Fri - 9:00 a.m.
STRETCH, STRENGTHEN & HEALTHTuesdays - 9:30 a.m.
TABLE TENNIS.....Fridays - 2 p.m.
WII BOWLING.....Tuesdays - 10 a.m.
WOODCARVINGWed & Thurs - 9 a.m.

SIGN UP IN OFFICE

501 East Main St. | 405-799-3130