

August 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Soft Tacos, Refried Beans, Tortilla Chips, Orange	2 Chick Filet, Lettuce, Tomato, Fried Okra. Apple sauce	3 Pork Chops Baked Sweet Potato, Greens Apple	4 Sloppy Joe's Cole Slaw, Potato Chips, Banana	5
6	7 Spaghetti w/ Meat Balls, Salad, Garlic Bread, Apple	8 Turkey Sub Cucumber Salad, Potato Chips, Orange	9 Beef Tips over Rice, Gravy, Green Beans, Roll, Juice	10 Roasted Pork Loin Sweet Potato, Greens, Roll, Apple sauce	11 Chicken Tenders, Strawberry Spinach Salad, Biscuit, Banana	12
13	14 Sloppy Joes, Broccoli Califlower Salad, Chips, Orange	15 Parmesan Chicken, Roasted Carrots, Potatoes, Onions, Roll, Apple	16 Fish Filet, Cole Slaw, Fried Okra, Juice	17 Meatloaf, Baked Potato, Green Beans, Roll, Apple	18 Chicken Alfredo w/ Fettuccini, Salad, Apple sauce, Garlic Bread	19
20	21 Italian Meat Ball Sub, Salad, Fried Zuchin, Apple sauce	22 Fried Fish, Baked Potato, Cole slaw, Hush puppies, Apple	23 Swedish Meat Balls over Egg Noodles, Salad, Roll, Juice	24 Chicken & Rice Bake, Broccoli, Roll, Orange	25 Hamburger, Lettuce, Tomato, Potato Chips, Banana	26
27	28 Chili Cheese Hot Dog, Cole Slaw, Chips, Orange	29 Pizza, w/ Meat sauce, Tossed Salad, Banana	30 Chicken, Pasta Salad, Garlic Bread, Banana	31 Cheese Burger, Lettuce, Tomato Fried Okra, Apple Sauce		

August 2017

THE MEETING PLACE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Qi Gong each Wed. at 2pm		1 9:30 Ceramics 10:00 Walking w/Leslie 10:30 Drumming 12-1 Sign language 12:30 Bingo	2 9:30 Ceramics 10:30 Wacky Wed. 10:45 Line dance 11:00 Senior fitness 12:30 Bingo & Bridge	3 9:30 Ceramics 10:00 Devotions 12:30 Grocery shopping	4 10:00 Movie 12:30 Bingo	5
6	7 10:00 Singing 11:00 Senior fitness 12:30 Beads 4:00 Ageless Grace	8 9:30 Ceramics 10:00 Walking w/Leslie 12-1 Sign language 12:30 Bingo	9 8:45 Tai Chi 9:30 Ceramics 10:30 Wacky Wed. 10:45 Line dance 11:00 Senior fitness 12:30 Bingo & Bridge	10 9:30 Ceramics 10:00 Devotions 12:30 Grocery shopping	11 9:30-12 Hendersonville Wal-mart shopping 10:00 Movie 12:30 Bingo 5:30-7 Dance-"Luau" theme	12
13	14 8:45 Tai Chi 10:00 Singing 11:00 Senior fitness 12:30 Bingo 4:00 Ageless Grace	15 9:30 Ceramics 10:00 Walking w/Leslie 12-1 Sign language 12:30 Bingo	16 9:30 Ceramics 10:30 Wacky Wed. 10:45 Line dance 11:00 Senior fitness 12:30 Tom Fisch 12:30 Bingo & Bridge	17 9:30 Ceramics 10:00 Devotions 10am-5pm Harrah's 10:15 Singing at White Oak Manor 12:30 Grocery shopping	18 10:00 Movie 12:30 Bingo	19
20	21 8:45 Tai Chi 10:00 Singing 11:00 Senior fitness 12:30 Beads 4:00 Ageless Grace	22 9:30 Ceramics 10:00 Walking w/Leslie 10:30 Reminiscing 12-1 Sign language 12:30 Bingo	23 9:30 Ceramics 10:30 Wacky Wed. 10:45 Line dance 11:00 Senior fitness 12:30 Bingo & Bridge	24 9:30 Ceramics 10:00 Devotions 10:00 Crafts w/ Emily 12:30 Grocery shopping	25 10:00 Movie 12:30 Bingo	26
27	28 8:45 Tai Chi 10:00 Singing 11:00 Senior fitness 12:30 Bingo 4:00 Ageless Grace	29 9:30 Ceramics 10:00 Walking w/Leslie 12-1 Sign language 12:30 Bingo	30 9:30 Ceramics 10:30 Wacky Wed. 10:45 Line dance 11:00 Senior fitness 12:30 Bingo & Bridge	31 9:30 Ceramics 10:00 Devotions 12:30 Grocery shopping		