

KSC Activity Calendar - August, 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

COMPUTER/LAPTOP, IPAD/ TABLET CLASSES Hour-long sessions are scheduled one-on-one. Learn what YOU want to learn at YOUR pace. Call 257-1598 to schedule an appointment.		1 9:00 Exercise 9-5 Open Paint 10:00 Exercise 11:30 Qi Gong 1:15 The Movers Exercise Group 1:00 Sunshine Chorus Practice	2 9-12 Open Paint 10:00 Walking/Hiking 11:00 Introduction to Waltz Lessons 1:00 Bocce Ball & Corn Hole Games 1:30 Bingo 6:00 Line Dance	3 9:00 Exercise 10:00 Exercise 9-5 Open Paint 1:00 Pinochle
6 9:00 Exercise 9:00 Crafts With Carol 10:00 Exercise 1:15 The Movers Exercise Group 1:00 Cribbage	7 8:45 No Chair Yoga 9:30 BOD Meeting 9-12 Open Paint 10:00 Everybody's Got A Story 11:15 Rhythm & Moves 1:00-3:30 Art Class 1:00 Pinochle	8 9:00 Exercise 9-5 Open Paint 10:00 Exercise 11:30 Qi Gong 1:15 The Movers Exercise Group	9 9-12 Open Paint 10:00 Walking/Hiking 11:00 Introduction to Waltz Lessons 1:00 Mel Haug & Angie Phillips Piano & Singing 2:30 General Meeting 1:30 Bingo 6:00 Line Dance	10 9:00 Exercise 10:00 Exercise 9-5 Open Paint 1:00 Pinochle
13 9:00 Exercise 9:00 Crafts With Carol 10:00 Exercise 1:15 The Movers Exercise Group 1:00 Cribbage	14 8:45 Chair Yoga 10:00 Everybody's Got A Story 11:15 Rhythm & Moves 1-3:30 Art Class 1:00 Pinochle	15 9:00 Exercise 9-5 Open Paint 10:00 Exercise 11:00 Activity Comm. Meeting 11:30 No Qi Gong 1:15 The Movers Exercise Group	16 9-12 Open Paint 10:00 Walking/Hiking 11:00 Introduction to Waltz Lessons 1:00 Movie - Over board (2018) 1:30 Bingo 6:00 Line Dance	17 9:00 Exercise 10:00 Exercise 9-5 Open Paint 1:00 Pinochle
20 9:00 Exercise 9:00 Crafts With Carol 10:00 Exercise 1:15 The Movers Exercise Group 1:00 Cribbage	21 8:45 Chair Yoga 9-12 Open Paint 10:00 Everybody's Got A Story 11:15 Rhythm & Moves 1-3:30 Art Class 1:00 Pinochle	22 9:00 Exercise 9-5 Open Paint 10:00 Exercise 11:30 Qi Gong 1:15 The Movers Exercise Group	23 9-12 Open Paint 10:00 Walking/Hiking 11:00 Introduction to Waltz Lessons 1:00 Westernaires Gil & Erma Prier 1:30 Bingo 6:00 Line Dance	24 9:00 Exercise 10:00 Exercise 9-5 Open Paint 1:00 Pinochle
27 9:00 Exercise 9:00 Crafts With Carol 10:00 Exercise 10:45 Sing Along with Bob 1:15 The Movers Exercise Group 1:00 Cribbage	28 8:45 Chair Yoga 10:00 Everybody's Got A Story 11:15 Rhythm & Moves 1-3:30 Art Class 12:30 Hearing Aid Check & Clean 1:00 Pinochle	29 9:00 Exercise 9-5 Open Paint 10:00 Exercise 11:30 Qi Gong 1:15 The Movers Exercise Group	30 9-12 Open Paint 10:00 Walking/Hiking 11:00 Introduction to Waltz Lessons 1:00 Bocce Ball/Corn Hole games 1:30 Bingo 6:00 Line Dance	31 9:00 Exercise 10:00 Exercise 9-5 Open Paint 1:00 Pinochle