

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# August 2020

<h1>August 2020</h1>							
<p>9:30 Guided Meditation  <b>10:00 Weight Circuit</b>  <b>10:45 Fruit And Cottage Cheese</b>  11:00 Bingo  <b>1:30 Karaoke to the Classics</b>  2:15 Trivia Challenge  3:00 Afternoon Iced Tea &amp; Finger Sandwich  <b>3:15 Montessori Method Puzzles</b>  <b>4:00 Montessori Method Artistry</b>  6:00 Musical Movies Where The Boys Are (1960)</p> <p style="text-align: right;"><b>2</b></p>	<p>9:30 Oldies Dance Fitness  <b>10:45 Peanut Butter &amp; Banana Raisin Bread</b>  11:00 Jeopardy Challenge  <b>1:30 History Documentary: History of America: Aztec Civilization</b>  2:00 Balloon Toss  3:00 Crudite Cups  <b>3:15 Montessori Method Memory</b>  <b>4:15 Montessori Method Manipulation</b>  6:00 Featured Director Hitchcock: Dial "M" for Murder</p> <p style="text-align: right;"><b>3</b></p>	<p><b>9:30 Morning Affirmations</b>  10:00 Fitness Boot Camp  <b>10:45 Post Workout Protein Smoothie</b>  11:00 Movie Star Trivia  1:30 British Baking Show  2:00 Bingo  <b>3:00 Loaded Hummus</b>  <b>3:15 Montessori Method Puzzles</b>  4:15 Montessori Method Artistry  6:00 Classic Cinema: Out of Africa</p> <p style="text-align: right;"><b>4</b></p>	<p><b>9:30 Resistance Band Workout</b>  <b>10:45 Apples And Peanut Butter</b>  11:00 Musicians: The Beatles  <b>1:30 History Documentary</b>  2:00 Group Word Games  <b>2:45 Iced Coffee, Cookies And Current Events</b>  <b>3:00 Montessori Method Memory</b>  4:00 Montessori Method Manipulation  6:00 Netflix Series: Anne with an E</p> <p style="text-align: right;"><b>5</b></p>	<p>9:30 HASfit Healthy Joints  <b>10:45 Chocolate &amp; Banana Slushies</b>  11:00 Bingo  <b>1:30 Sing Along to Broadway Classics</b>  2:00 Ring Toss  <b>3:00 Chicken Salad Wraps</b>  <b>3:15 Montessori Method Puzzles</b>  4:15 Montessori Method Artistry  6:00 Featured Actor James Stewart: Vertigo</p> <p style="text-align: right;"><b>6</b></p>	<p>9:30 Scategories  <b>10:00 Zumba Fitness</b>  <b>10:45 Berry &amp; Yogurt Parfait</b>  11:00 Unscramble the Word  <b>1:15 Nature Documentary: Augrabies Falls</b>  2:00 Balloon Volleyball  <b>3:00 Frozen Yogurt &amp; Table Topics</b>  3:15 Montessori Method Memory  <b>4:15 Montessori Method Manipulation</b>  6:00 Friday Night Fun Flick: Calamity Jane</p> <p style="text-align: right;"><b>7</b></p>	<p><b>9:30 Online Church Service</b>  <b>10:45 Tuna Salad With Crackers</b>  11:00 Tone in the Zone  1:30 Sing Along with Yolly  <b>2:00 Flex and Stretch</b>  2:45 Popcorn and Trivia  <b>3:00 Montessori Method Puzzles</b>  4:00 Montessori Method Artistry  6:30 Hollywood Golden Age Movie: Sylvia Scarlett</p> <p style="text-align: right;"><b>8</b></p>	
<p>9:30 Guided Meditation  <b>10:00 Weight Circuit</b>  <b>10:45 Fruit &amp; Cottage Cheese</b>  11:00 Bingo  <b>1:30 Karaoke to the Classics</b>  2:15 Trivia Challenge  3:00 Afternoon Iced Tea &amp; Finger Sandwiches  <b>3:15 Montessori Method Puzzles</b>  <b>3:30 Montessori Method Artistry</b>  6:00 Musical: Mamma Mia</p> <p style="text-align: right;"><b>9</b></p>	<p>9:30 Oldies Dance Fitness  <b>10:45 Peanut Butter &amp; Banana Raisin Bread</b>  11:00 Jeopardy Challenge  <b>1:30 History Documentary: The Legacy of Al Capone</b>  2:00 Balloon Toss  <b>3:00 Crudite Cups</b>  <b>3:15 Montessori Method Memory</b>  4:15 Montessori Method Manipulation  6:00 Featured Director Hitchcock: Strangers on a Train</p> <p style="text-align: right;"><b>10</b></p>	<p><b>9:30 Morning Affirmations</b>  10:00 Fitness Boot Camp  <b>10:45 Post Workout Protein Smoothie</b>  11:00 Movie Star Trivia  1:30 British Baking Show  2:00 Bingo  <b>3:00 Loaded Hummus</b>  <b>3:15 Montessori Method Puzzles</b>  4:15 Montessori Method Artistry  6:00 Classic Cinema: The Other Side of the Wind</p> <p style="text-align: right;"><b>11</b></p>	<p>9:30 Today in History  10:00 Resistance Band Workout  <b>10:45 Apples and Peanut Butter</b>  11:00 Musicians: The Beatles  <b>1:30 LOL - Jokes and Riddles</b>  2:00 Group word Games  2:45 Iced Coffee, Cookies &amp; current Events  3:00 Montessori Method Memory  4:00 Montessori Method Manipulation  6:00 Netflix Series: Anne with an E</p> <p style="text-align: right;"><b>12</b></p>	<p>9:30 HASfit Healthy Joints  <b>10:45 Chocolate &amp; Banana Slushies</b>  11:00 Bingo  <b>1:30 Sing Along to 1960s Classics</b>  2:00 Ring Toss  <b>3:00 Chicken Salad Wraps</b>  <b>3:15 Montessori Method Puzzle</b>  4:15 Montessori Method Artistry  6:00 Featured Actor James Stewart: The Man Who Knew Too Much</p> <p style="text-align: right;"><b>13</b></p>	<p>9:30 Scategories  <b>10:00 Line Dance Fitness</b>  <b>10:45 Berry And Yogurt Parfait</b>  11:00 Unscramble the Word  <b>1:15 Nature Documentary: Secrets of the Flooded Forest</b>  2:00 Balloon Volleyball  <b>3:00 Frozen Yogurt &amp; Table Topics</b>  3:15 Montessori Method Memory  <b>4:15 Montessori Method Manipulation</b>  6:00 Friday Night Fun Flick: The Women</p> <p style="text-align: right;"><b>14</b></p>	<p><b>9:30 Online Church Service</b>  <b>10:45 Tuna Salad With Crackers</b>  11:00 Tone in the Zone  1:30 Sing Along with Yolly  <b>2:00 Aromatherapy &amp; Hand Massage</b>  2:45 Popcorn and Trivia  <b>3:00 Montessori Method Puzzles</b>  4:00 Montessori Method Artistry  6:30 Hollywood Golden Age Movie: Shall We Dance?</p> <p style="text-align: right;"><b>15</b></p>	
<p>9:30 Guided Meditation  <b>10:00 Weight Circuit</b>  <b>10:45 Fruit &amp; Cottage Cheese</b>  11:00 Bingo  <b>1:30 Karaoke to the Classics</b>  2:15 Trivia Challenge  3:00 Afternoon Iced Tea &amp; Finger Sandwiches  <b>3:15 Montessori Method Puzzles</b>  <b>4:00 Montessori Method Artistry</b>  6:00 Musical Movie: Cabaret</p> <p style="text-align: right;"><b>16</b></p>	<p>9:30 Oldies Dance Fitness  <b>10:45 Peanut Butter &amp; Banana Raisin Bread</b>  11:00 Bingo  <b>1:30 History Documentary: The Mormon Rebellion</b>  2:00 Balloon Toss  <b>3:00 Crudite Cups</b>  <b>3:15 Montessori Method Memory</b>  4:15 Montessori Method Manipulation  6:00 Featured Director Hitchcock: Spellbound</p> <p style="text-align: right;"><b>17</b></p>	<p><b>9:30 Morning Affirmations</b>  10:00 Fitness Boot Camp  <b>10:45 Post Workout Protein Smoothie</b>  11:00 Movie Star Trivia  1:30 British Baking Show  2:00 Bingo  <b>3:00 Loaded Hummus</b>  <b>3:15 Montessori Method Puzzles</b>  4:15 Montessori Method Artistry  6:00 Classic Cinema : The Last Emperor</p> <p style="text-align: right;"><b>18</b></p>	<p>9:30 Today in History  10:00 Resistance Band Workout  <b>10:40 Apples and Peanut Butter</b>  11:00 Musicians: Bon Jovi  <b>1:30 LOL - Unusual Laws</b>  2:00 Group Word Games  2:45 Iced Coffee, Cookies &amp; Current Events  3:00 Montessori Method Memory  4:00 Montessori Method Manipulation  6:00 Netflix Series: Anne with an E</p> <p style="text-align: right;"><b>19</b></p>	<p>9:30 HASfit Healthy Joints  <b>10:45 Chocolate &amp; Banana Slushies</b>  11:00 Bingo  <b>1:30 Sing Along to Elvis Presley Classics</b>  2:00 Ring Toss  <b>3:00 Chicken Salad Wraps</b>  <b>3:15 Montessori Method Puzzles</b>  4:15 Montessori Method Artistry  6:00 Featured Actor James Stewart: Mr. Smith Goes to Washington</p> <p style="text-align: right;"><b>20</b></p>	<p>9:30 Scategories  <b>10:00 Dance Fitness</b>  <b>10:45 Berry And Yogurt Parfait</b>  11:00 Unscramble the Word  <b>1:15 Nature Documentary: The Secrets of Antarctica</b>  2:00 Balloon Volleyball  <b>3:00 Frozen Yogurt &amp; Table Topics</b>  3:15 Montessori Method Memory  <b>4:15 Montessori Method Manipulation</b>  6:00 Friday Night Fun Flick: You'll Never Get Rich</p> <p style="text-align: right;"><b>21</b></p>	<p><b>9:30 Online Church Service</b>  <b>10:45 Tuna salad With Crackers</b>  11:00 Tone in the Zone  1:30 Sing Along with Yolly  <b>2:00 Flex and Stretch</b>  2:45 Popcorn and Trivia  <b>3:00 Montessori Method Puzzles</b>  4:00 Montessori Method Artistry  6:30 Hollywood Golden Age Movie How to Marry a Millionaire</p> <p style="text-align: right;"><b>22</b></p>	
<p>9:30 Guided Meditation  <b>10:00 Weight Circuit</b>  <b>10:45 Fruit &amp; Cottage Cheese</b>  11:00 Bingo  <b>1:30 Karaoke to the Classics</b>  2:15 Trivia Challenge  3:00 Afternoon Iced Tea &amp; Finger Sandwiches  <b>3:15 Montessori Method Puzzles</b>  4:00 Montessori Method Artistry  6:00 Musical Movie: Damn Yankees!</p> <p style="text-align: right;"><b>23</b></p>	<p>9:30 Oldies Dance Fitness  <b>10:45 Peanut Butter &amp; Banana Raisin Bread</b>  11:00 Bingo  <b>1:30 History Documentary: Secret Life of Isaac Newton</b>  2:00 Balloon Toss  <b>3:00 Crudite Cups</b>  <b>3:15 Montessori Method Memory</b>  4:15 Montessori Method Manipulation  6:00 Featured Director Hitchcock: Suspicion</p> <p style="text-align: right;"><b>24</b></p>	<p><b>9:30 Morning Affirmations</b>  10:00 Fitness Boot Camp  <b>10:45 Post Workout Protein Smoothie</b>  11:00 Movie Star Trivia  1:30 British Baking Show  2:00 Bingo  <b>3:00 Loaded Hummus</b>  <b>3:15 Montessori Method Puzzles</b>  4:15 Montessori Method Artistry  6:00 Classic Cinema: The Adventures of Robin Hood</p> <p style="text-align: right;"><b>25</b></p>	<p>9:30 Today in History  10:00 Resistance Band Workout  <b>10:45 Apples and Peanut Butter</b>  11:00 Musicians: Journey  <b>1:30 LOL - Funny Animals</b>  2:00 Group Word Games  2:45 Iced Coffee, Cookies &amp; Current Events  3:00 Montessori Method Memory  4:00 Montessori Method Manipulation  6:00 Netflix Series: Anne with an E</p> <p style="text-align: right;"><b>26</b></p>	<p>9:30 HASfit Healthy Joints  <b>10:45 Chocolate &amp; Banana Slushies</b>  11:00 Bingo  <b>1:30 Sing Along to Rat Pack Classics</b>  2:00 Ring Toss  <b>3:00 Chicken Salad Wraps</b>  <b>3:15 Montessori Method Puzzles</b>  4:00 Montessori Method Artistry  6:00 Featured Actor James Stewart: Anatomy of a Murder</p> <p style="text-align: right;"><b>27</b></p>	<p>9:30 Zumba Fitness  <b>10:45 Berry And Yogurt Parfait</b>  11:00 Unscramble the Word  <b>1:15 Nature Documentary: The World's Weirdest Creatures</b>  2:00 Balloon Volleyball  <b>3:00 Frozen Yogurt &amp; Table Topics</b>  3:15 Montessori Method Memory  <b>4:15 Montessori Method Manipulation</b>  6:00 Friday Night Fun Flick: On the Town</p> <p style="text-align: right;"><b>28</b></p>	<p><b>9:30 Online Church Service</b>  <b>10:45 Tuna Salad With Crackers</b>  11:00 Tone in the Zone  1:30 Sing Along with Yolly  <b>2:00 End of Summer Luau</b>  2:45 Popcorn and Trivia  <b>3:00 Montessori Method Puzzles</b>  4:00 Montessori Method Artistry  6:30 Hollywood Golden Age Movie: Sylvia Scarlett</p> <p style="text-align: right;"><b>29</b></p>	
<p>9:30 Guided Meditation  <b>10:00 Weight Circuit</b>  <b>10:45 Fruit &amp; Cottage Cheese</b>  11:00 Bingo  <b>1:30 Karaoke to the Classics</b>  2:15 Trivia Challenge  3:00 Afternoon Iced Tea &amp; Finger Sandwiches  <b>3:15 Montessori Method Puzzles</b>  <b>3:30 Montessori Method Artistry</b>  6:00 Musical: Mamma Mia</p> <p style="text-align: right;"><b>30</b></p>	<p>9:30 Oldies Dance Fitness  <b>10:45 Peanut Butter &amp; Banana Raisin Bread</b>  11:00 Jeopardy Challenge  <b>1:30 History Documentary: The Legacy of Al Capone</b>  2:00 Balloon Toss  <b>3:00 Crudite Cups</b>  <b>3:15 Montessori Method Memory</b>  4:15 Montessori Method Manipulation  6:00 Featured Director Hitchcock: Strangers on a Train</p> <p style="text-align: right;"><b>31</b></p>	<p style="text-align: center;"><b>Check Out Our August Holidays!</b>  <b>August 21: National Senior Citizens' Day</b>  <b>August 26: Women's Equality Day</b>  <b>August 29: End of Summer Luau</b></p>					