

# August 2019 (sign up for programs/activities begins Thursday, Aug. 1st)

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center; font-size: small;">MEMBER FDIC   EQUAL HOUSING LENDER ©</p> <p style="text-align: center;"><b>It's all about CONVENIENCE</b> <b>It's all about COMMUNITY</b> <b>It's all about YOU!</b></p> <p style="text-align: center; font-size: x-small;">KS StateBank supports the activities, mailings and services of the Seniors' Service Center.</p> <p style="text-align: center;"><b>StateBank</b> ksstatebank.com</p> <p style="text-align: center; font-size: x-small;">Westloop   Downtown   Aggieville   Highway 24   785-587-4000</p>			<p>1</p> <p>8:45 Oldies Sweatin' 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pinochle/Bunco</p>	<p>2</p> <p>9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Center Singers</p>
<p>5</p> <p>9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge <b>12:45 Movie</b> 1:00 Duplicate Bridge 5:30 Monday Yoga</p>	<p>6</p> <p>8:45 Oldies Sweatin' 9:30 Council on Aging 10:00 Gentle Yoga 11:00 Chair Yoga <b>1:00 ARTful Making</b> 1:00 Pitch</p>	<p>7</p> <p>10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand &amp; Foot/Canasta 1:00 Line Dancing</p>	<p>8</p> <p>8:45 Oldies Sweatin' 9:00 Stitch Therapy 9:00 AARP Board 10:00 Gentle Yoga 11:00 Chair Yoga 11:00 Eyeglass Cleaning &amp; Adjustments 11:30 Hearing Aid Cleanings 1:00 Bunco/Pinochle</p>	<p>9</p> <p>9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Sewing Angel 12:45 Center Singers 1:00 Texas Hold 'Em</p>
<p>12</p> <p>9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge <b>12:45 Movie</b> 1:00 Duplicate Bridge <b>1:30 Alzheimer's Support Group for Caregivers</b> 5:30 Monday Yoga</p>	<p>13</p> <p>8:45 Oldies Sweatin' 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch 1:00 VIP Book Group 2:00 VIP Support Group</p>	<p>14</p> <p>8:30 Footcare <b>9:30 Coffee Talk w/ Mathis PT</b> 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand &amp; Foot/Canasta 1:00 Line Dancing</p>	<p>15</p> <p>8:45 Oldies Sweatin' 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga <b>1:00 Virtual Downtown Manhattan</b> 1:00 Pinochle/Bunco</p>	<p>16</p> <p>9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Center Board Meeting 12:30 Bridge 12:45 Center Singers</p>
<p>19</p> <p>9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training <b>11:00 CSFP Food Box Pick-up &amp; Delivery</b> 12:30 Bridge <b>12:45 Movie</b> 1:00 Duplicate Bridge 5:30 Monday Yoga</p>	<p>20</p> <p>8:45 Oldies Sweatin' 10:00 Gentle Yoga 11:00 Chair Yoga 11:30 Blood Pressure Check 1:00 Pitch <b>1:00 Artist Profile</b></p>	<p>21</p> <p><b>Center Open House 10-12</b> Exercise Demonstrations 10:00 Line Dancing 10:20 Strength Training 10:40 Chair Yoga 11:00 Yoga</p> <p>12:30 Bridge 1:00 Hand &amp; Foot/Canasta</p>	<p>22</p> <p>8:45 Oldies Sweatin' 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pinochle/Bunco</p>	<p>23</p> <p>9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Sewing Angel 12:45 Center Singers 1:00 Texas Hold 'Em</p>
<p>26</p> <p>9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge <b>12:45 Movie</b> 1:00 Duplicate Bridge 5:30 Monday Yoga</p>	<p>27</p> <p>8:45 Oldies Sweatin' 10:00 Gentle Yoga 11:00 Chair Yoga <b>1:00 It's Not Your Mama's Pressure Cooker</b> 1:00 Pitch</p>	<p>28</p> <p>8:30 Foot Care <b>9:30 Coffee Talk w/ Mathis PT</b> 10:15 Strength Training 11:00 Strength Training 12:30 Bridge</p> <p>1:00 Hand &amp; Foot/Canasta 1:00 Line Dancing</p>	<p>29</p> <p>8:45 Oldies Sweatin' 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pinochle/Bunco</p>	<p>30</p> <p>9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Center Board Meeting 12:30 Bridge 12:45 Center Singers</p>