

Eisenhower Senior Center

August 2024

Wishing all Seniors
Born in August a Happy Birthday

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
|  |  | | 1 8am-9am Breakfast Emergency Preparedness Ceramics 10am-12 Bingo, Pokeno | 2  Line Dancing Painting |
| 5 8 am-9 am Breakfast Breathing exercises 10-11 Chair Exercise | 6 Eisenhower Second Annual Cook Out | 7 8 am 9 am Breakfast East Side Farmer`s Market | 8 8am-9am Breakfast Ceramics 10am-12 Bingo, Pokeno | 9 Line Dancing Painting  |
| 12 Breakfast 9 am- 10 am Breathing exercises 10-11 Chair Exercise | 13 Breakfast Breathing exercises 9am Ceramics, Tai PC Classes | 14  | 15  | 16 Line Dancing  |
| 19  | 20 8 am 9 am Breakfast 9am- 10am Breathing exercises 9am-10 Ceramics 10am Tai | 21 8 am 9 am Breakfast 9am- 10am Breathing Arts and crafts | 22 8am-9am Breakfast Ceramics Senior 10am-12 Bingo, Pokeno | 23 Line Dancing  Painting |
| 26 8 am-9 am Breakfast Breathing exercises 10-11 Chair Exercise | 27 8 am 9 am Breakfast Breathing exercises 9am-10 Ceramics 10am Tai | 28 8 am 9 am Breakfast 9am- 10am Breathing Arts and crafts | 29 8am-9am Breakfast Ceramics Senior 10am-12 Bingo, Pokeno | 30 Line Dancing  Painting |

Lunch will be served every day from 12-1pm

