

ONSTED SENIOR CITIZEN CENTER
DIRECTOR~ JULIE RUTTINGER

AMERICAN LEGION, ONSTED, MICHIGAN
COOK:

AUGUST

8:30 - 2:30 MON - WED - THUR

2018

PHONE: 467-6917

LUNCH SERVED
AT 11:30

MONDAY	WEDNESDAY	THURSDAY
	1 9:00 <i>CARDIO DRUMMING</i> 10:00 BIBLE STUDY 12:00 CARDS, GMAES & PUZZELS 12:15 BINGO or CRAFT	2 9:15 LINE DANCING w/ GLORIA 12:00 CARDS AND GAMES
6 9:30 GENTLE AEROBICS 10:30 BLOOD PRESSURE CHECK 12:30 VEGGIE MOBILE	8 9:00 <i>CARDIO DRUMMING</i> 10:00 BIBLE STUDY 12:00 CRADS, GAMES & PUZZELS 12:15 John Valenti-Guest Singer	9 9:15 LINE DANCING w/ GLORIA 12:00 CARDS, GAMES & PUZZLES
13 9:30 GENTLE AEROBICS 12:30 VEGGIE MOBILE	15 9:00 <i>CARDIO DRUMMING</i> 10:00 BIBLE STUDY 12:00 CARDS, GAMES & PUZZELS 12:15 BINGO or CRAFT	16 9:15 LINE DANCING w/ GLORIA 12:00 CARDS, GAMES & PUZZLES
20 9:30 GENTLE AEROBICS 12:30 VEGGIE MOBILE	22 9:00 <i>CARDIO DRUMMING</i> 10:00 BIBLE STUDY 12:00 CARDS, GAMES & PUZZELS 12:15 BINGO or CRAFT	23 9:15 LINE DANCING w/ GLORIA 12:00 CARDS, GAMES & PUZZLES
27 9:30 GENTLE EXERCISE 12:30 VEGGIE MOBIL 10:30 BOARD MEETING	29 9:00 <i>CARDIO DRUMMING</i> 10:00 BIBLE STUDY 12:00 CARDS, GAMES & PUZZELS 12:15 BINGO or CRAFT	30 9:15 LINE DANCING w/ GLORIA 12:00 CARDS, GAMES & PUZZLES



It's August, we're in the dog days of summer. Our gardens are bountiful and showing all of our hard work of weeding and watering. Enjoy all of the fresh produce from the local farmer's markets, roadside stands and veggie mobile.

John Valenti will be here on 8/8/18 us for lunch and songs.

We're planning a trip to visit **Hidden Lake Gardens.** Watch our facebook page for the date. Check us out at Onsted Senior Center