

Monday

Tuesday

Wednesday

Thursday

Friday

# AUGUST 2018

## Newel Post Activities

<p>8:30 Social</p> <p>9:30 Golf Card Game</p> <p>10:30 Miniature Golf</p> <p>11:00 Shape Up</p> <p>11:30 Lunch</p> <p>12:30 <b>Memory Skills with Carol Mae</b></p>	<p>6 8:30 Social/Wellness</p> <p>9:30 <b>Judy's Music</b></p> <p>10:30 Which Color</p> <p>11:00 Let's Get Physical</p> <p>11:30 Lunch</p> <p>12:30 <b>Bill's Message</b></p>	<p>7 8:30 Social/Wellness</p> <p>9:30 Noodleball</p> <p>10:30 Tic Tac Toe</p> <p>11:00 Chairobics</p> <p>11:30 Lunch</p> <p>12:30 <b>CARNIVAL</b></p>	<p>8 8:30 Social/Wellness</p> <p>9:30 Iowa State Fair</p> <p>10:30 Hockey</p> <p>11:00 Fitness Fun</p> <p>11:30 Lunch</p> <p>12:30 <b>CARNIVAL</b></p>	<p>1 8:30 Social/Wellness</p> <p>9:30 Noodleball</p> <p>10:30 Client Council and Safety</p> <p>11:00 Stretch-n-Flex</p> <p>11:30 Lunch</p> <p>12:30 <b>Judd's Music</b></p>	<p>2 8:30 Social/Wellness</p> <p>9:30 <b>Ken's Senior Music</b></p> <p>10:30 Aug.IQ/ Trivia</p> <p>11:00 Kickball</p> <p>11:30 Lunch</p> <p>12:30 <b>Remember When With Elaine</b></p>	<p>3 8:30 Social</p> <p>9:30 Balloon Volleyball</p> <p>10:30 Parachute Games</p> <p>11:00 Move and Groove</p> <p>11:30 Lunch</p> <p>12:30 Bingo</p>
<p>8:30 Social</p> <p>9:30 Balloon Volleyball</p> <p>10:30 What's the Scoop?</p> <p>11:00 Get Moving</p> <p>11:30 Lunch</p> <p>12:30 <b>Memory Skills with Carol Mae</b></p>	<p>13 8:30 Social/Wellness</p> <p>9:30 <b>Judy's Music</b></p> <p>10:30 Washer Toss and Horseshoes</p> <p>11:00 Shape Up</p> <p>11:30 Lunch</p> <p>12:30 Bingo</p>	<p>14 8:30 Social/Wellness</p> <p>9:30 Frisbee Golf</p> <p>10:30 Dog Day Detective</p> <p>11:00 Chairobics</p> <p>11:30 Lunch</p> <p>12:30 <b>Judd's Music</b></p>	<p>15 8:30 Social/Wellness</p> <p>9:30 Bowling</p> <p>10:30 TV Shows the 60's</p> <p>11:00 Twist and Tone</p> <p>11:30 Lunch</p> <p>12:30 <b>Reminiscence with Carol</b></p>	<p>16 8:30 Social/Wellness</p> <p>9:30 TV Shows the 60's</p> <p>11:00 Twist and Tone</p> <p>11:30 Lunch</p> <p>12:30 <b>Reminiscence with Carol</b></p>	<p>17 8:30 Social</p> <p>9:30 Penny Pitch</p> <p>10:30 <b>Make a Word Game</b></p> <p>11:00 Let's Get Physical</p> <p>11:30 Lunch</p> <p>12:30 State Game</p>	<p>24 8:30 Social</p> <p>9:30 <b>Ben's Stretches</b></p> <p>10:30 Tic Tac Toe</p> <p>11:00 Exercise 101</p> <p>11:30 Lunch</p> <p>12:30 Scavenger Hunt &amp; Watermelon</p>
<p>8:30 Social</p> <p>9:30 Noodleball</p> <p>10:30 Name Game</p> <p>11:00 Stretch-n-Flex</p> <p>11:30 Lunch</p> <p>12:30 <b>Memory Skills with Carol Mae</b></p>	<p>20 8:30 Social/Wellness</p> <p>9:30 <b>Accordion Jean</b></p> <p>10:30 Frisbee Golf</p> <p>11:00 Move and Groove</p> <p>11:30 Lunch</p> <p>12:30 <b>Bill's Message</b></p>	<p>21 8:30 Social/Wellness</p> <p>9:30 Lady Bug Craft</p> <p>10:30 Kickball</p> <p>11:00 Twist and Tone</p> <p>11:30 Lunch</p> <p>12:30 <b>Pet Pals</b></p>	<p>22 8:30 Social/Wellness</p> <p>9:30 Scavenger Hunt For Vegetables</p> <p>10:30 Kickball</p> <p>11:00 Fitness Fun</p> <p>11:30 Lunch</p> <p>12:30 Bingo</p>	<p>23 8:30 Social/Wellness</p> <p>9:30 Scavenger Hunt For Vegetables</p> <p>10:30 Kickball</p> <p>11:00 Fitness Fun</p> <p>11:30 Lunch</p> <p>12:30 Bingo</p>	<p>24 8:30 Social</p> <p>9:30 <b>Ben's Stretches</b></p> <p>10:30 Tic Tac Toe</p> <p>11:00 Exercise 101</p> <p>11:30 Lunch</p> <p>12:30 Scavenger Hunt &amp; Watermelon</p>	<p>31 8:30 Social</p> <p>9:30 Golf Matching Game</p> <p>10:30 Parachute Games</p> <p>11:00 Move and Groove</p> <p>11:30 Lunch</p> <p>12:45 <b>Laura and Friends</b></p>
<p>8:30 Social</p> <p>9:30 Bingo</p> <p>10:30 Hot Dog Trivia</p> <p>11:00 Shape Up</p> <p>11:30 Lunch</p> <p>12:30 <b>Memory Skills with Carol Mae</b></p>	<p>27 8:30 Social/Wellness</p> <p>9:30 <b>Judy's Music</b></p> <p>10:30 How Do They Do It</p> <p>11:00 Let's Get Physical</p> <p>11:30 Lunch</p> <p>12:30 <b>Emily ISU Extension</b></p>	<p>28 8:30 Social/Wellness</p> <p>9:30 Right, Left, Center</p> <p>10:30 Ice Cream Detective</p> <p>11:00 Get Movin'</p> <p>11:30 Lunch</p> <p>12:30 <b>Matching Game &amp; Birthday Party</b></p>	<p>29 8:30 Social/Wellness</p> <p>9:30 Right, Left, Center</p> <p>10:30 Ice Cream Detective</p> <p>11:00 Get Movin'</p> <p>11:30 Lunch</p> <p>12:30 <b>Matching Game &amp; Birthday Party</b></p>	<p>30 8:30 Social/Wellness</p> <p>9:30 Ping Pong</p> <p>10:30 <b>Make a Word Game</b></p> <p>11:00 Stay in Shape</p> <p>11:30 Lunch</p> <p>12:30 Baseball Game</p>	<p>31 8:30 Social</p> <p>9:30 Golf Matching Game</p> <p>10:30 Parachute Games</p> <p>11:00 Move and Groove</p> <p>11:30 Lunch</p> <p>12:45 <b>Laura and Friends</b></p>	