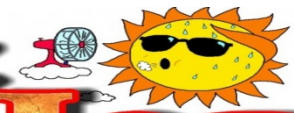




# Beat the Heat



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>AUGUST 2019</b> <b>Leroy Rogers Senior Center</b>				<b>1</b> 9am *Exercise  10am *Senior Walk	<b>2</b>  10am BINGO  Catherine & Rosa M's Birthday on tomorrow 8/3	<b>3</b>
				<b>4</b>	<b>5</b> 9am *Exercise  10:15 *Chair Yoga  1pm Bridge	<b>6</b> 9am *Exercise  10am Bingo w/Vicki (Tiftarea Hospice)
<b>11</b>	<b>12</b> 9am *Exercise  10:15 *Chair Yoga	<b>13</b> 9am *Exercise 10am Crafts w/Kim 	<b>14</b> 9am *Line Dance 10am *Bible Study 10:15 *Yoga/Tai Chi  1pm Bridge	<b>15</b> 9am *Exercise  10:15 "Senior Bullying" (Senior Living Center)	<b>16</b> 10am Painting w/Brenda—(signup)  7pm SELF DANCE  Ray's Birthday	<b>17</b>
<b>18</b>	<b>19</b> 9am *Exercise  10:15 *Chair Yoga  1pm Bridge	<b>20</b> 9am *Exercise  10am *Singing Samaritans	<b>21</b> 9am *Line Dance 10am *Bible Study 10:15 *Yoga/Tai Chi  1pm Bridge	<b>22</b> 9am *Exercise  10am *Music	<b>23</b> 9am BINGO (Legacy Village)	<b>24</b>
<b>25</b>	<b>26</b> 9am *Exercise 10:15 *Chair Yoga  Gladys Birthday	<b>27</b> 9am *Exercise  10am "Dizziness & Balance"	<b>28</b> 9am *Line Dance 10am *Bible Study 10:15 *Yoga/Tai Chi	<b>29</b> 9am *Exercise  10am *BP/BS Checks	<b>30</b> 9am BINGO (ResCare)	<b>31</b>

315 West 2<sup>nd</sup> Street, Tifton, GA 31793 229-556-6189 all (\*) are open to 50+ Fran Kinchen, Director \*\* Natasha Patrick, Site Manager

August is National Immunization Month

