

**SUN MON TUE WED THUR FRI SAT**



**Something Lemon Bake Sale**  
 Wednesday, August 22, 2024  
 11:30 am. - 1:00 p.m.  
 Library  
 All proceeds go to the Alzheimer's Association

Please use the registration sheet to sign up for any event with an asterisk (\*) next to it.



10:00 Sittercise  
**10:00 WVU OLLI Class "William Shakespeare for Fun & Profit (\*)"**  
 11:00 Flex & Flow with Mary Louise King  
 12:30 Alterations w/Carolyn  
 1:00 Channel 96: Gentle Yoga  
 1:45 Kroger (\*)

10:00 Balance Class  
 1:00 Shopping @ Walmart (\*)  
**1:30 Catholic Mass**  
 3:30 Golf  
 7:15 Movie

10:00 Sittercise  
 1:00 Channel 96: Seated Exercises  
**1:00 Orange Creamsicle Float Social**  
 1:30 Channel 96: Balance Skills & Drill  
**2:00 Makers Space Workshop**  
 7:15 Movie

9:00 Church Shuttle (\*)  
 10:00 Channel 96: Catholic Mass  
**11:00 Spiritual Service**  
 1:00 Channel 96: Seated Exercises  
 1:30 Channel 96: Balance Skills & Drill  
**2:30 Channel 96: Bible Study for Beginners**  
 3:00 Catholic Mass with Fr. John Finnell  
 6:00 Movie

10:00 Balance Class  
**11:00 Next Level Fit With Christian Burch**  
 2:00 Bingo  
 2:00 Channel 96: Gentle Yoga  
**3:30 Conversations in French and French Culture with Frank Martin**

10:00 Sittercise  
**11:00 Sing-A-Long to the Oldies**  
 1:00 Channel 96: Seated Exercises  
 1:30 Channel 96: Balance Skills & Drills  
 1:45 Piggly Wiggly (\*)  
 7:15 Movie

10:00 Balance Class  
**10:30 Massages by The Massage & Reiki Center (\*)**  
**11:00 A Room With Many Views w/ Rev. Jim Lewis**  
 2:00 Bingo  
 3:30 Golf  
**7:00 Prayer Circle Meeting**

10:00 Read Aloud & Story Time  
 10:00 Sittercise  
**11:00 Flex & Flow with Mary Louise King**  
 1:00 Channel 96: Gentle Yoga  
 1:45 Kroger (\*)  
**2:00 "Recycling at Edgewood Summit" presented by Nicole Hunter**  
**4:30 Dinner Trip to Cozumel Cantina & Grill on the River (\*)**

10:00 Balance Class  
**11:00 Next Level Fit With Christian Burch**  
 1:00 Shopping @ Dollar Tree (\*)  
 3:30 Golf  
 7:15 Movie

10:00 Sittercise  
 1:00 Channel 96: Seated Exercises  
 1:30 Channel 96: Balance Skills & Drill  
**2:00 Makers Space Workshop**  
 7:15 Movie

9:00 Church Shuttle (\*)  
 10:00 Channel 96: Catholic Mass  
 10:30 Church Shuttle (\*)  
 11:00 Channel 96: Spiritual Service w/ Dr. Charles Stanley  
**11:00 Spiritual Service**  
 1:00 Channel 96: Seated Exercises  
**1:15 Light Opera Guild Legally Blonde (\*)**  
 1:30 Channel 96: Balance Skills & Drill  
**2:30 Channel 96: Bible Study for Beginners**  
 3:00 Catholic Communion  
 6:00 Movie

10:00 Balance Class  
**11:00 Next Level Fit With Christian Burch**  
**1:00 WVU OLLI CLASS 12 OILS OF THE BIBLE WITH JANE SMITH (\*)**  
 2:00 Bingo  
 2:00 Channel 96: Gentle Yoga  
**3:30 Conversations in French and French Culture with Frank Martin**

10:00 Sittercise  
**11:00 Employee Activities Committee BBQ Fundraiser**  
 1:00 Channel 96: Seated Exercises  
**1:00 Holy Communion With St. Marks Methodist Church**  
 1:30 Channel 96: Balance Skills & Drills  
 1:45 Piggly Wiggly (\*)  
 7:15 Movie

10:00 Balance Class  
**11:00 A Room With Many Views w/ Rev. Jim Lewis**  
**1:30 Dementia & Alzheimer's Support Group**  
 2:00 Bingo  
**2:00 Check Cashing**  
 3:30 Golf  
**7:00 Prayer Circle Meeting**

10:00 Sittercise  
**10:00 Trip to Tamarack (\*)**  
**11:00 Blood Pressure Check**  
**11:00 Flex & Flow with Mary Louise King**  
 12:30 Alterations w/Carolyn  
 1:00 Channel 96: Gentle Yoga  
 1:45 Kroger (\*)

10:00 Balance Class  
**11:00 Next Level Fit With Christian Burch**  
 1:00 Shopping @ Drug Emporium (\*)  
 3:30 Golf  
 7:15 Movie

10:00 Sittercise  
 1:00 Channel 96: Seated Exercises  
 1:30 Channel 96: Balance Skills & Drill  
**2:00 Makers Space Workshop**  
 7:15 Movie

9:00 Church Shuttle (\*)  
 10:00 Channel 96: Catholic Mass  
 10:30 Church Shuttle (\*)  
 11:00 Channel 96: Spiritual Service w/ Dr. Charles Stanley  
**11:00 Spiritual Service**  
 1:00 Channel 96: Seated Exercises  
 1:30 Channel 96: Balance Skills & Drill  
**2:30 Channel 96: Bible Study for Beginners**  
 3:00 Catholic Communion  
 6:00 Movie

Full Moon  
 10:00 Balance Class  
**11:00 Next Level Fit With Christian Burch**  
**1:00 Monthly Birthday Celebration**  
 2:00 Bingo  
 2:00 Channel 96: Gentle Yoga  
**3:00 Kanawha Humane Association Pet Visits**  
**3:30 Conversations in French and French Culture with Frank Martin**  
**5:30 Parkinsons Support Group Meeting at Blessed Sacrament (\*)**

10:00 Sittercise  
**11:00 Lunch Outing to Board House & Tour of Charlie Jupiter Hamilton Exhibit (\*)**  
**11:00 Sing-A-Long with Phyllis**  
 1:00 Channel 96: Seated Exercises  
 1:30 Channel 96: Balance Skills & Drills  
 1:45 Piggly Wiggly (\*)  
 7:15 Movie

10:00 Balance Class  
**11:00 A Room With Many Views w/ Rev. Jim Lewis**  
 2:00 Bingo  
 3:30 Golf  
**7:00 Prayer Circle Meeting**

10:00 Read Aloud & Story Time  
 10:00 Sittercise  
**11:00 Flex & Flow with Mary Louise King**  
**11:30 Lemon Bake Sale Fundraiser for Alzheimer's Association**  
 1:00 Channel 96: Gentle Yoga  
 1:45 Kroger (\*)  
**3:00 Meet the Maestro & Learn About the 2024-2025 Season**

10:00 Balance Class  
**11:00 Next Level Fit With Christian Burch**  
**1:00 Chit Chat**  
**1:00 Shopping @ Target (\*)**  
 3:30 Golf  
 7:15 Movie

10:00 Sittercise  
 1:00 Channel 96: Seated Exercises  
 1:30 Channel 96: Balance Skills & Drill  
**2:00 Makers Space Workshop**  
 7:15 Movie

9:00 Church Shuttle (\*)  
 10:00 Channel 96: Catholic Mass  
 10:30 Church Shuttle (\*)  
 11:00 Channel 96: Spiritual Service w/ Dr. Charles Stanley  
**11:00 Spiritual Service**  
 1:00 Channel 96: Seated Exercises  
 1:30 Channel 96: Balance Skills & Drill  
**2:30 Channel 96: Bible Study for Beginners**  
 3:00 Catholic Communion  
 6:00 Movie

10:00 Balance Class  
**11:00 Next Level Fit With Christian Burch**  
 2:00 Bingo  
 2:00 Channel 96: Gentle Yoga  
**3:30 Conversations in French and French Culture with Frank Martin**

10:00 Sittercise  
 1:00 Channel 96: Seated Exercises  
**1:00 WVU OLLI Judge Gary Sheff Understanding Magistrate Court**  
 1:30 Channel 96: Balance Skills & Drills  
 1:45 Piggly Wiggly (\*)  
 7:15 Movie

10:00 Balance Class  
**11:00 A Room With Many Views w/ Rev. Jim Lewis**  
 2:00 Bingo  
**2:00 Check Cashing**  
 3:30 Golf  
**7:00 Prayer Circle Meeting**

End of Summer Party  
**10:00 Read Aloud & Story Time**  
 10:00 Sittercise  
**11:00 Flex & Flow with Mary Louise King**  
 1:00 Channel 96: Gentle Yoga  
 1:45 Kroger (\*)  
**3:00 Beach Bash with Arlen Bishop**  
**7:15 Music by Jim Snyder**

10:00 Balance Class  
**11:00 Next Level Fit With Christian Burch**  
 3:30 Golf  
 7:15 Movie

10:00 Sittercise  
**12:00 WVU vs Penn State Football Watch Party**  
 1:00 Channel 96: Seated Exercises  
 1:30 Channel 96: Balance Skills & Drill  
**2:00 Makers Space Workshop**  
 7:15 Movie

**August 2024**

IL Print  
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