

## GSC CALENDAR OF ACTIVITY - AUGUST 2009

| Mon   | Tue   | Wed  | Thu  | Fri   | Sat/Sun  |
|---|---|--|--|---|--|
| <p>3<br/>8:30a Pinochle<br/>10a Exercise<br/>11a Bridge<br/>4p Well Spouse<br/>1p Piano I<br/>3p Wii<br/>6/7p Tea &amp; Tap</p>                   | <p>4<br/>9a Nurse<br/>9a Tai Chi II<br/>10a Write Life<br/>10a Walking Club<br/>10:15a Tai Chi I<br/>10:30a Early Stage<br/>11:30a Balance<br/>1p Peace Group<br/>1p Line Dance I<br/>2:15p Line Dance II<br/>2/5:30p Sewing</p>  | <p>5<br/>9a Chair Massage<br/>10a Exercise<br/>11a Living Alone<br/>1p Watercolor<br/>3:30p Wii<br/>5:30p Sewing<br/>Wkshp<br/>6p Wired for Learn<br/>7p Guitar</p>                                | <p>6<br/>8:30a Don &amp; Diane<br/>9a Tai Chi II<br/>10:15a Tai Chi I<br/>12p Lunch Club<br/>1p Balance<br/>1p Open Studio<br/>1:15p Write Life<br/>2p Poetry<br/>2:30p Yoga</p> | <p>7<br/>9a G-Notes<br/>9a Massages<br/>10a Exercise<br/>12p Barbecue<br/>1p Piano II<br/>1p Movie<br/>2:30p Farmers Mkt Walk<br/><br/>Gumshoe Walk Begins!!!</p> | <p>8<br/>10a PNA Mystery Book Exchange<br/><br/>9<br/>11:45a Ballard Locks Concert</p> |
| <p>10<br/>8:30a Pinochle<br/>10a Exercise<br/>11a Bridge<br/>3p Wii<br/>6/7p Tea &amp; Tap</p>  | <p>11<br/>9a Tai Chi II<br/>9:30a Men's Club<br/>10a Write Life<br/>10a Walking Club<br/>10:15a Tai Chi I<br/>11:30a Balance<br/>1p Haircuts<br/>1p Parkinson Grp<br/>1p Line Dance I<br/>2p SAGE Meeting<br/>2:15p Line Dance II<br/>2/5:30p Sewing<br/>6p Comm Kitchen<br/>7:30p Book Discuss</p> | <p>12<br/>9a Chair Massage<br/>10a Exercise<br/>11a Alive &amp; Learn<br/>1p Watercolor<br/>1:30p Financial Plan<br/>3:30p Wii<br/>5:30p Sewing<br/>Wkshp<br/>6p Wired for Learn<br/>7p Guitar</p> | <p>13<br/>9a Tai Chi II<br/>10:15a Tai Chi I<br/>1p Balance<br/>1p Open Studio<br/>1:15p Write Life<br/>2p Poetry<br/>2:30p Yoga</p>   | <p>14<br/>9a G-Notes<br/>9a Foot Care<br/>10a Exercise<br/>1:30p Cooking Demo<br/>2:30p Farmers Mkt Walk</p>  | <p>15<br/><br/>16<br/>Gumshoe Walk ends. Return completed entry forms by 4pm</p>       |
| <p>17<br/>8:30a Pinochle<br/>9a Foot Care<br/>10a Exercise<br/>11a Bridge<br/>3p Wii</p>  | <p>18<br/>8:30a Casino<br/>9a Tai Chi II<br/>10a Write Life<br/>10a Walking Club<br/>10:15a Tai Chi I<br/>10:30a Early Stage<br/>11:30a Balance<br/>1p Line Dance I<br/>2:15p Line Dance II</p>   | <p>19<br/>9a Chair Massage<br/>10a Exercise<br/>11a Acupressure for Back Pain<br/>11a Living Alone<br/>1p Watercolor<br/>3:30p Wii<br/>6p Wired for Learn</p>                                      | <p>20<br/>9a Tai Chi II<br/>10:15a Tai Chi I<br/>1p Open Studio<br/>1p Balance<br/>1p Legal Assistance<br/>1:15p Write Life<br/>2p Poetry<br/>2:30p Yoga</p>                     | <p>21<br/>9a G-Notes<br/>9a Massages<br/>10a Exercise<br/>10a Processing Loss<br/>1p Movie<br/>2:30p Farmers Mkt Walk</p>   | <p>22<br/>10a Shop Around<br/><br/>23</p>  |
| <p>24<br/>8:30a Pinochle<br/>10a Exercise<br/>11a Bridge<br/>3p Wii<br/><br/>31<br/>8:30a Pinochle<br/>10a Exercise<br/>11a Bridge<br/>3p Wii</p> | <p>25<br/>9a Tai Chi II<br/>9:30a Men's Club<br/>10a Write Life<br/>10a Walking Club<br/>10:15a Tai Chi I<br/>11:30a Balance<br/>1p Line Dance I<br/>2p SAGE Meeting<br/>2:15p Line Dance II</p>  | <p>26<br/>9a Chair Massage<br/>10a Exercise<br/>1p Watercolor<br/>3:30p Wii<br/>6p Wired for Learn</p>   | <p>27<br/>9a Tai Chi II<br/>9:30a Driver Safety<br/>10:15a Tai Chi I<br/>1p Balance<br/>1p Open Studio<br/>1:15p Write Life<br/>2p Poetry<br/>2:30p Yoga</p>                     | <p>28<br/>9a Foot Care<br/>9a G-Notes<br/>9:30a Driver Safety<br/>10a Exercise<br/>2:30p Farmers Mkt Walk<br/>4:30p Spaghetti Dinner<br/>7p Bingo/Karaoke</p>     | <p>29<br/><br/>30</p>  |