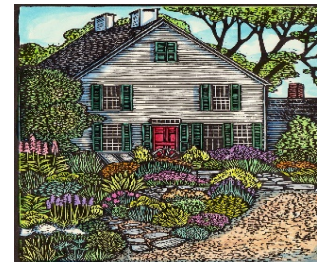


AUGUST 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00 - Bridge 1:30 - Stowe Errands	2 10:00 - Scrabble	3 10:00 - Bridge  2:00 & 7:30 Movie & Popcorn
4 Meal at 12:30 3:00 - Bingo	5 10:30 - Parkinson's Exercise	6 9:30 - Morrisville Errands 2:30 - Poetry Reading	7 10:30 - Parkinson's Exercise 3:00 - Mah Jongg 8:00 - Poker Night	8 9:00 - Exercise & Weights 10:00 - Bridge 1:30 - Stowe Errands	9 Trip to Canada and Lunch at La Pinocchio Depart at 10:00 Need Passport or EDL Sign Up	10 10:00 - Bridge 
11 Meal at 12:30 3:00 - Bingo	12 9:00 - Circuit Training 10:30 - Parkinson's Exercise 1:30 - Mandala Coloring	13 9:30 - Morrisville Errands 2:00 - Outdoor Games	14 10:30 - Parkinson's Exercise 3:00 - Mah Jongg 8:00 - Poker Night	15  9:00 - Exercise & Weights 10:00 - Bridge 1:30 - Stowe Errands	16 Ferry Trip From Charlotte, VT To Essex, NY And Lunch Out Depart at 10:00 - Sign Up	17 10:00 - Bridge  2:00 & 7:30 Movie & Popcorn
18 Meal at 12:30 3:00 - Bingo	19 9:00 - Circuit Training 10:30 - Parkinson's Exercise 1:15 - Morrisville Errands	20 10:30 - Blood Pressure 11:00 - Community Mtg. 2:00 - Coffee Klatch	21 10:30 - Parkinson's Exercise 3:00 - Mah Jongg 8:00 - Poker Night	22 9:00 - Exercise & Weights 10:00 - Bridge 1:30 - Stowe Errands	23 Burlington Shopping And Lunch Out Depart at 9:30 - Sign Up	24 10:00 - Bridge 
25 Brunch - 11:30 - 12:30 3:00 - Bingo	26 10:30 - Parkinson's Exercise 2:00 - Ice Cream Social	27 8:30 - Foot Clinic 9:30 - Morrisville Errands 3:00 - Book Group	28 10:30 - Parkinson's Exercise 3:00 - Mah Jongg 8:00 - Poker Night	29 9:00 - Exercise & Weights 10:00 - Bridge 1:30 - Stowe Errands 3:00 - Father Rick	30 Picnic On The Rec Path With Creemees After Depart at 11:30 - Sign Up 5:15 - Wine Party 	31 10:00 - Bridge  2:00 & 7:30 Movie & Popcorn

THURSDAY NIGHTS - 6:00 BUFFET