

# August **SENIORS**

## WITHOUT WALLS

TOLL FREE NUMBER 855-204-8148 call this number to  
join the classes that you want

# 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	10:00 Ericka and her job Military Police 10:30 – 11 seated yoga with Ericka  August 3	4	5	6	7
8	9	10 10 am Trivia with Donna 3 pm Seated Yoga with Ericka (first 30 min is visiting)	11	12	13 3 pm Lorne Jackson Piano Music	14
15	16	17 10 am Trivia with Donna	18	19	20 3 pm Lorne Jackson Piano Music	21
22	23 The handouts for August 24 were mailed out first week in July.	24 10 am Communications in the Past Western Development Museum	25	26	27	28
29	30	31 10 am Seated yoga with Ericka (first 30 min is visiting)				