

Chelsea Activities August 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9-4 Activity Rm Open 1:30 Piano & Sing-a-Long 2:30 Crafts With Trudy 4:00 Game Time in the Capote	2 9:00 Walk or Roll 1:30 Piano & Sing-a-Long "Sound of Music" 2:30 Crafts With Trudy 3:30 Line Dancing/SSL	3 9:00 Walk or Roll 10:30 Chair Fitness/Spa 11:00 MS Support Group 2:00 Watercolor/Castro 4:00 Writing Group	4 9:00 Walk or Roll 9:30 Cardio Circuit/ Spa 10:30 Chair Fitness/Castro 1:30 Bingo/Castro 3:30 Shopping Outing	5 9:00 Walk or Roll 10:30 Chair Fitness/Spa 1:30 Bingo/Castro 3:30 -5 County Fair Outing	6 9:00 Walk or Roll 2:00 Piano & Sing-a-Long Castro August Birthday Party! 7:15 Evening Opera Trip	7 9-4 Activity Rm Open 9:45 Wheelwright Museum Outing/ Free Lecture By Colin Coonsis 10:00 Overeaters Anonymous Meeting-Fragrance Free 2:00 Acrylic Painting/Castro
8 9-4 Activity Rm Open 1:30 Piano & Sing-a-Long 2:30 Crafts With Trudy 4:00 Game Time in the Capote	9 9:00 Walk or Roll 1:30 Piano & Sing-a-Long "Country Songs" 2:30 Crafts With Trudy 3:30 Line Dancing/SSL	10 9:00 Walk or Roll 10:30 Chair Fitness/Spa 2:00 Board Games/Castro 4:00 Writing Group	11 9:00 Walk or Roll 9:30 Cardio Circuit/ Spa 10:00 Jay Hill Rehearsal Open to Members- SSL 10:30 Chair Fitness/Castro 1:30 Bingo/Castro 4-7 Mall Movie Outing	12 9:00 Walk or Roll 10:30 Chair Fitness/Spa 1:30 Bingo/Castro 3:00 High Tea in the Sahara!	13 9:00 Walk or Roll 10:30 Chair Fitness/Castro 1:30 Watercolor /Castro 7:15 Evening Opera Trip	14 9-4 Activity Rm Open 10:00 Overeaters Anonymous Meeting-Fragrance Free 1:00 Acrylic Painting/Castro 7:15 Evening Opera Trip
15 9-4 Activity Rm Open 4:00 Game Time in the Capote	16 9:00 Walk or Roll 1:30 Piano & Sing-a-Long "Ballads" 2:30 Crafts With Trudy 3:30 Line Dancing/SSL	17 9:00 Walk or Roll 10:30 Chair Fitness/Spa 11:00 MS Support Group 2:30 Crafts With Trudy 4:00 Writing Group	18 9:00 Walk or Roll 9:30 Cardio Circuit/ Spa 10:30 Chair Fitness/Castro 1:30 Bingo/Castro 3:30 Shopping Outing	19 9:00 Walk or Roll 10:30 Chair Fitness/Spa 1:30 Bingo/Castro 4:00 Acrylic Painting/Castro	20 9:00 Walk or Roll 10:30 Chair Fitness/Castro 1:30 Watercolor /Castro	21 9-4 Activity Rm Open 9-3 Indian Market Outing Hourly Van Shuttle 10:00 Overeaters Anonymous Meeting-Fragrance Free
22 9-4 Activity Rm Open 9-3 Indian Market Outing Hourly Van Shuttle 4:00 Game Time in the Capote	23 9:00 Walk or Roll 1:30 Piano & Sing-a-Long "Jazz Favorites" 2:30 Crafts With Trudy 3:30 Line Dancing/SSL	24 9:00 Walk or Roll 10:30 Chair Fitness/Castro 2:00 Board Games/Castro 4:00 Writing Group	25 9:00 Walk or Roll 9:30 Cardio Circuit/ Spa 10:30 Chair Fitness/Castro 2:00 Castro Presentation: "Suicide Awareness" 3:30 Downtown Outing	26 9:00 Walk or Roll 10:30 Chair Fitness/Spa 1:30 Bingo/Castro 4:00 Acrylic Painting/Castro	27 9:00 Walk or Roll 10:30 Chair Fitness/Castro 1:30 Bingo/Castro	28 9-4 Activity Rm Open 10:00 Overeaters Anonymous Meeting-Fragrance Free 1:30 Crafts With Trudy
29 9-4 Activity Rm Open 9:00 Crafts With Trudy 1:30 Piano & Sing-a-Long 4:00 Game Time in the Capote	30 9:00 Walk or Roll 1:30 Piano & Sing-a-Long "Songs From WWII" 2:30 Crafts With Trudy 3:30 Line Dancing/SSL	31 9:00 Walk or Roll 10:30 Chair Fitness/Spa 2:00 Board Games/Castro 4:00 Writing Group	<p>Chelsea members are welcome to attend listed Castro activities (For Wednesday afternoon outings, County Fair, Opera, Wheelwright & Indian Market- please RVSP by Calling 577-5084. Charges do apply for some outings.)</p> <p>Have an activity suggestion? Or for info on scheduled activities or to use the activity room for hobbies, crafts or games, just ask the Activities Coordinator.</p>			