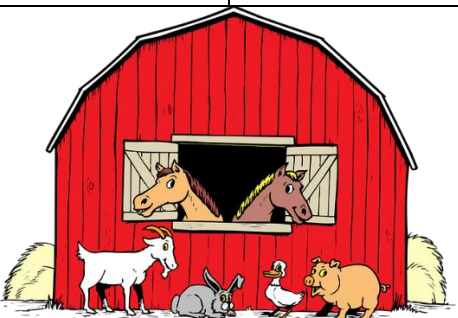




Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00a-4:00p Yahtzee 10:00 Strong Bones 10:00 Sewing/Quilts 10:00 Social Lunch 12:00 Cards with Jane 1:00 Dominoes 1:00 Move with Marty 1:00 Knit/Crochet 2:00	4 9:00a-4:00p Scale Tippers 9:00 Adv Line Dance 10:00 Beg Line Dance 11:00 Social Lunch 12:00 Dominoes 1:00 Caregivers Group 2:30 Drum with Jen 3:00	5 9:00a-4:00p FOOT CARE BY APPT Yahtzee 10:00 Social Lunch 12:00 Dominoes 1:00 Drum with Jen 1:00 Tai Chi with Julie 2:30	6 9:00a-4:00p Strong Bones 10:00 Obie 10:45 Yoga 11:00 Social Lunch 12:00 MoveWell 1:00 Seniors Matter 2:00	7 CLOSED 
10 9:00a-4:00p Yahtzee 10:00 Strong Bones 10:00 Sewing/Quilts 10:00 Social Lunch 12:00 Dominoes 1:00 Move with Marty 1:00 Knit/Crochet 2:00 Dance Committee 2:30	11 9:00a-4:00p Scale Tippers 9:00 Adv Line Dance 10:00 Beg Line Dance 11:00 Social Lunch 12:00 Social Kitchen 1:00 Dominoes 1:00 Drum with Jen 3:00	12 9:00a-4:00p Yahtzee 10:00 Social Lunch 12:00 Dominoes 1:00 Drum with Jen 1:00 Tai Chi with Julie 2:30	13 9:00a-4:00p Strong Bones 10:00 Obie 10:45 Yoga 11:00 Social Lunch 12:00 MoveWell 1:00 Popcorn & Movie 1:00 -State Fair	14 CLOSED 
17 9:00a-4:00p Yahtzee 10:00 Strong Bones 10:00 Sewing/Quilts 10:00 Social Lunch 12:00 Dominoes 1:00 Move with Marty 1:00 Knit/Crochet 2:00	18 9:00a-4:00p Scale Tippers 9:00 S.O.S. 10:00 Adv Line Dance 10:00 Beg Line Dance 11:00 Social Lunch 12:00 Dominoes 1:00 Drum with Jen 3:00	19 CLOSED Senior Day at the Calhoun County Fair	20 9:00a-4:00p Strong Bones 10:00 Obie 10:45 Yoga 11:00 Social Lunch 12:00 MoveWell 1:00 Seniors Matter 2:00	21 CLOSED 
24 9:00a-4:00p Yahtzee 10:00 Strong Bones 10:00 Sewing/Quilts 10:00 Social Lunch 12:00 Dominoes 1:00 Move with Marty 1:00 Knit/Crochet 2:00	25 9:00a-4:00p Scale Tippers 9:00 Adv Line Dance 10:00 Beg Line Dance 11:00 Social Lunch 12:00 Dominoes 1:00 Spice Club 1:00 Drum with Jen 3:00	26 9:00a-4:00p Yahtzee 10:00 Social Lunch 12:00 Dominoes 1:00 Drum with Jen 1:00 Tai Chi with Julie 2:30	27 9:00a-4:00p Strong Bones 10:00 Obie 10:45 Yoga 11:00 Social Lunch 12:00 MoveWell 1:00 Popcorn & Movie 2:00 -Cheaper by the Dozn	28 CLOSED 
31 9:00a-4:00p Yahtzee 10:00 Strong Bones 10:00 Sewing/Quilts 10:00 Social Lunch 12:00 Dominoes 1:00 Move with Marty 1:00 Knit/Crochet 2:00				

Secretary of State Mobile Office!

August 18 from 10 am to 1 pm.
BY APPOINTMENT ONLY

INSTRUCTOR-LED EXERCISE CLASSES!

Cardio Drumming

Tuesdays at 3:00 pm & Wednesdays at 1:00 pm with Jen - Get your heart pumping with upbeat music, drumming, and moving. Any level can participate by just grooving and moving, even in a seat.

MoveWell with Colleen & Move with Marty/Vicki

Mondays, Thursdays, and Fridays at 1:00 pm – Work through several different exercises using weights and bands, standing and sitting. A versatile class with a calming cool down.

Strong Bones with Colleen

Mondays & Thursdays at 10:00 am – Repetitive movements with weights, standing, and sitting. Designed to strengthen bodies for better fitness and to improve bone density to prevent osteoporosis.

Tai Chi with Julie

Wednesdays at 2:30 pm – Participants learn to breathe correctly, focusing on how they intake and release air while moving. Concentrating on each movement helps the mind to relax and relieve stress.

Yoga

Thursdays at 11:00 am

Join us for a full mind and body stretching exercise. Beginner-friendly and all abilities are welcome!

The 3 Golden Rules of Strong Passwords!

Length Matters Most: A long password is mathematically harder to crack than a short, complicated one. Aim for a minimum of 16 characters.

Never Reuse: Never use the same password across multiple sites. If one site is breached, attackers can easily unlock your other accounts.

Avoid Obvious Clues: Never use your name, birthday, pet's name, or simple keyboard sequences (like qwerty or 12345).

Tip: Do not use well-known quotes, song lyrics, or movie titles, as hackers can easily guess them.

SOCIAL KITCHEN!

August 11th – Stir-Fry for One

September 8th – Budget-friendly cooking

SPICE CLUB!

August 25th – Garlic and Berbere

September 15th – Oregano and Grains of Paradise

Medicare and Options Counseling Available

Options Counseling is an interactive and unbiased process that can help an older person, their family members, or their caregivers to receive options in their deliberations to make informed choices about long-term supports and services. Schedule an appointment with Cassie.

Calhoun County Fair Senior Day!

You are invited to join us at the Calhoun County Fair for Senior Day on Wednesday, August 19. Seniors get into the fairgrounds free from 9 am-3 pm and will also enjoy coffee & donuts, movement fun, music, Bingo, lunch voucher (until noon) for any food vendor on the fairgrounds, including the Fredonia Grange booth, the crowning of our King and Queen, and more. Register at 269-979-1479.

Calhoun County Fair fun facts!

The Calhoun County Fair began in **1839**, making it the **oldest fair in Michigan** still held. It was originally held behind what is now the Presbyterian Church and was organized by the Calhoun County Agricultural & Industrial Society to educate farmers on new technologies.

For many years, the fair changed locations. It was held at "Capital Hill" in 1849, in a warehouse/depot in 1852, and later in Floral Hall (built 1860). The current **45-acre fairgrounds** were established in 1848 and have hosted the fair since 1948

The grounds feature **old oak trees** from the 1800s, "Fair Lake" (now Duck Pond, built 1902), and a grandstand built in 1907. During the Civil War, the fairgrounds were used as barracks for the First Michigan Volunteer Infantry Regiment.