



McHenry Township Senior Center Activities

August 2011



Monday	Tuesday	Wednesday	Thursday	Friday
1 8:25-9:10 Guys-n-Gals Exc. \$ 9:15 Guys-n-Gals Exercise \$ 10:00 Coffee Klatch/Rummikub 10-12 Matter of Balance 10:00 Help- Aging Loved Ones 11:30 Golden Diners Deli	2 10:00 Bocce Ball/Bean Bags 10:00 Maj Jong 10-12 Matter of Balance 10:30 Dominoes 11:30 Golden Diners Deli 12:30 Pinochle & Bridge	3 8:00 Fitness Training \$ 9:00 Guys-n-Gals Exercise\$ 10:00 Coffee Klatch 10:30 B/P Screenings 11:30 Golden Diners Deli 12:30 Bingo Treats	4 9:00 Crafters Club 9:00 Tai Chi with Allison 11:30 Golden Diners Deli 12:30 Movie Matinee (2001 Space Odyssey)	5 8:00 Fitness Training \$ 9:00 Guys-n-Gals Exercise\$ 10:00 Coffee Klatch 10:00 1-stroke on Fabric Art- \$ 1:00 Line Dancing Lessons
8 8:25-9:10 Guys-n-Gals Exc. \$ 9:15 Guys-n-Gals Exercise \$ 10:00 Coffee Klatch/Rummikub 10:00 Rummikub Club 11:30 Golden Diners Deli 10-12 Matter of Balance 1:00 McH Senior Club -Mtg	9 10:00 Bocce Ball/Bean Bags 10:00 Maj Jong 10:30 Dominoes 10-12 Matter of Balance 11:30 Golden Diners Deli 12:30 Pinochle & Bridge 1:00 Poker	10 8:00 Fitness Training \$ 9:00 Guys-n-Gals Exercise\$ 9:00 Health Screening & Lunch register 815-344-3555 10:00 Coffee Klatch 11:30 NO Golden Diners Deli 12:30 Bingo	11 9:00 Crafters Club 9:00 Tai Chi with Allison 11:30 Golden Diners Deli 1:00 Cooking Demonstration (Fresh Garden Produce)	12 8:00 Fitness Training \$ 9:00 Guys-n-Gals Exercise\$ 10:00 Coffee Klatch 10:00 Birdhouse Painting Art- \$ 11:30 Golden Diners Deli 1:00 Line Dancing Lessons
15 8:25-9:10 Guys-n-Gals Exc. \$ 9:15 Guys-n-Gals Exercise \$ 10:00 Coffee Klatch/Rummikub 11:30 Golden Diners Deli 10-12 Matter of Balance 12:30 McH Sr Club-Game Day 1:00 FARKLE Group-Synergy	16 Villa Cake Day 11:30am 10:00 Bocce Ball/Bean Bags 10:00 Maj Jong 10:30 Dominoes 10-12 Matter of Balance 11:30 Golden Diners Deli 12:30 Pinochle & Bridge 1:00 Poker	17 8:00 Fitness Training \$ 9:00 Guys-n-Gals Exercise 10:00 Coffee Klatch 10:30 Living w/Low Vision register 344-3555 11:30 Golden Diners Deli 12:30 Bingo	18 9:00 Crafters Club 9:00 Tai Chi with Allison 11:30 Golden Diners Deli 1-3pm Digital Photo Class-\$ Register 344-3555 1:30 1st Midwest Banking Help	19 8:00 Fitness Training \$ 9:00 Guys-n-Gals Exercise 10:00 Coffee Klatch 11:30 Golden Diners Deli 1:00 Line Dancing Lessons
22 AA Meeting 12:30 8:25-9:10 Guys-n-Gals Exc. \$ 9:15 Guys-n-Gals Exercise \$ 10:00 Coffee Klatch/Rummikub 10:00 Rummikub 10-12 Matter of Balance 11:30 Golden Diners Deli	23 10-12 Matter of Balance 10:00 Bocce Ball/Bean Bags 10:00 Maj Jong 10:30 Dominoes 11:30 Golden Diners Deli 12:30 Pinochle & Bridge 1:00 Poker	24 8:00 Fitness Training \$ 9:00 Guys-n-Gals Exercise\$ 10:00 Coffee Klatch 10:15 Wounded Warriors 11:30 Golden Diners Deli 12:30 Bingo	25 9:00 Crafters Club 9:00 Tai Chi with Allison 11:30 Golden Diners Deli 12:30 Movie Matinee (King's Speech)	26 8:00 Fitness Training \$ 9:00 Guys-n-Gals Exercise\$ 10:00 Coffee Klatch 11:30 Golden Diners Deli 1:00 Line Dancing Lessons 10:00 BIRTHDAY CAKE w/ADAM
29 8:25-9:10 Guys-n-Gals Exc. \$ 9:15 Guys-n-Gals Exercise \$ 10:00 Coffee Klatch/Rummikub 10-12 Matter of Balance 11:30 Golden Diners Deli	30 10:00 Bocce Ball/Bean Bags 10:00 Maj Jong 10:30 Dominoes 11:30 Golden Diners Deli 12:30 Pinochle & Bridge	31 8:00 Fitness Training \$ 9:00 Guys-n-Gals Exercise\$ 10:00 Coffee Klatch 11:30 Golden Diners Deli 12:30 Bingo	ON AUGUST 31st ALSO: 10:15 From Bagdad to McH 11:15 Ice Cream Social Sponsored by	

