


August 2024 Program Calendar

The Palmer Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:45 Nutrition Site Committee 10:30 Home Necessity Bingo	2 10:30 Travelogue – Denmark and Iceland 12:15 Nutrition Presentation	3
5 10:00 Blood Pressure Checks with Jeanne Boone 11:00 Motivation and Movement 12:30 Pop Up Library and Tech Talk	6 10:00 Tai Chi for Arthritis # 10:45 Beginner’s Origami	7 12:30 Open Music Jam	8 10:30 Veteran’s Café 12:30 Pantry Bingo	9 10:30 The Art in You	10
12 11:00 Motivation and Movement	13 10:00 Tai Chi for Arthritis # 10:30 Crafty Crochet	14 10:00 Coloring Your Way 12:30 Open Music Jam 12:30 Project Linus Quilters	15 10:30 Let’s Learn about Hummingbirds! 12:30 White Elephant Bingo 2:00 Cover to Cover	16 12:15 Ice Cream Social	17
19 11:00 Motivation and Movement	20 9:30 Blood Pressure Checks 10:00 Tai Chi for Arthritis # 12:30 Paint the Night Sky \$#	21 12:30 Open Music Jam 1:00 Harvester’s Box Pick-Up	22 10:45 5-A-Day Bingo	23 3:00 Low Vision Support Group	24
26 11:00 Motivation and Movement 12:15 Popsicles on the Patio	27 10:00 Tai Chi for Arthritis # 10:30 Crafty Crochet	28 10:00 Coloring Your Way 12:30 Open Music Jam	29 9:30 Scamboree	30 CLOSED – for Santa-Cali-Gon	31
9:00-9:45 Wake Up Workout \$3 9:00-11:30 Woodcarving Club SC \$ 10:00-10:45 PEPPi 10:15-11:00 SilverSneakers Yoga TMB \$ 11:30 Lunch # 11:00-1:00 Open Line Dance \$3 12:00-4:00 Duplicate Bridge Club \$ 12:30-2:30 Bare Bones Art	9:00-9:45 Stretch & Tone \$3 11:30 Lunch # 12:30-4:30 Bridge Club \$ 1:30 Zuma Gold TMB \$ 11:30–12:30 Beginner Pickleball \$ 12:30 – 4:45 Open Play Pickleball \$	9:00-9:45 Wake Up Workout \$3 10:00-10:45 PEPPi 10:15-11:00 SilverSneakers Yoga TMB 11:30 Lunch # 12:00-4:00 Duplicate Bridge Club # 12:00-4:00 Woodcarving Club SC 12:30-4:30 Bridge	9:00-9:45 Stretch & Tone \$3 11:00-11:45 SilverSneakers Classic TMB \$ 11:30 Lunch # 11:30–12:30 Beginner Pickleball \$ 12:30 – 4:45 Open Play Pickleball \$	9:00-9:45 Wake Up Workout \$3 10:00-10:45 PEPPi 10:30-11:15 Stitch in Time 11:30 Lunch # 11:00-1:00 Instructed Line Dance \$3 1:30-4:30 Drop-In Pickleball \$3	 THE PALMER CENTER INDEPENDENCE PARKS & RECREATION

#=Reservation Required \$= Fee TMB= Truman Memorial Bldg GO= George Owens Park SC= Sermon Center

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