



















August		Aging Ahead Sullivan - Senior Center Activities				2025	
Monday		Tuesday	Wednesday	Thursday	Friday		
	PLEASE CALL THE CENTER THE WEEK BEFORE FOR LUNCH RESERVATIONS THANK YOU! 573-468-3766 SULLIVANSCA@AGINGAHEAD.ORG		CENTER OPEN: MONDAY-FRIDAY 9:00AM - 2:00PM 730 W.MAIN ST SULLIVAN, MO. 63080 573-468-3766		1	SUPP.COMM.MTG @12	
4	CHAIR WORKOUT @9:30 MATTER OF BALANCE 7 WK PROGRAM WK 1 10:00-11:00AM LUNCH 11:30AM	5 	6 	7CHAIR WORKOUT @9:30  10:00-11:30AM LUNCH 11:30AM	8 		
11	CHAIR WORKOUT @9:30 MATTER OF BALANCE 7 WK PROGRAM WK 2 10:00-11:00AM LUNCH 11:30AM	12 	13 	14CHAIR WORKOUT @9:30  10:00-11:30AM LUNCH 11:30AM	15 		
18	CHAIR WORKOUT @9:30 MATTER OF BALANCE 7 WK PROGRAM WK 3 10:00-11:00AM LUNCH 11:30AM	19 	20 	21CHAIR WORKOUT @9:30  10:00-11:30AM LIBRARY @11:30 LUNCH 11:30AM	22 		
25	CHAIR WORKOUT @9:30 MATTER OF BALANCE 7 WK PROGRAM WK 4 10:00-11:00AM LUNCH 11:30AM	26 	27 	28CHAIR WORKOUT @9:30 MUSIC 9:30-11:00A  10:00-11:30AM BDAY CAKE & ICECREAM LUNCH 11:30AM 	29 