

August



2026

Monday/Wednesday at St. Martin UCC, 11am-2pm-and Tuesday/Thursday at Jefferson Co Library NW Branch, 12:30pm-2pm
Please submit lunch orders by 2:30pm on Wednesday one week prior to programming by form, phone, or www.agingahead.org.

Monday	Tuesday	Wednesday	Thursday	Friday
3 11a Tai Chi Exercise 12p Lunch 12:30p Games and Cards	4 12:30pm Lunch and BINGO	5 Line Dancing 11a Beginner 12p Lunch 12:30p Games and Cards	6 12:30pm Lunch and BINGO	7 no programming
10 11a Tai Chi Exercise 12p Lunch 12:30p Games and Cards	11 12:30pm Lunch and BINGO	12 Line Dancing 11a Beginner 12p Lunch 12:30p Games and Cards	13 12:30pm Lunch and BINGO PRESENTER: Tricia Miller The Power of Friendship	14 no programming
17 11a Tai Chi Exercise 12p Lunch 12:30p Games and Cards	18 12:30pm Lunch and BINGO	19 Back to School Party!!! 11a-2pm	20 12:30pm Lunch and BINGO PRESENTER: Heidi Williams "Peace of Mind Seminar"	21 no programming
24 11a Tai Chi Exercise 12p Lunch 12:30p Games and Cards	25 12:30pm Lunch and BINGO	26 Line Dancing 11a Beginner 12p Lunch 12:30p Games and Cards	27 12:30pm Lunch and BINGO	28 no programming
31 11a Tai Chi Exercise 12p Lunch 12:30p Games and Cards				