

AUGUST 2023



SPRING CREEK
HIGHLAND
55

SUN

MON




TUE

WED

THU

FRI

SAT

		1 RENT DUE BIBLE STUDY 10AM YOGA 11:15 PBALL 2-3	2 HIGHLAND HIKERS 10 CHAIR YOGA 11:15 HAPPY NATIONAL ICE CREAM SANDWICH DAY! STOP BY THE OFFICE FOR A TREAT 	3 YOGA 11:15 FUNCTIONAL FITNESS 1:15 WITH KENDRA MARTIN THIRSTY THURSDAY 4-5:30	4 HIGHLAND HIKERS 10 POT LUCK 5:30 BINGO 	5 RENT LATE COFFEE TALK 9AM
6	7 HIGHLAND HIKERS 10 CHAIR YOGA 11:15	8 MEN'S BREAKFAST AROUND THE CORNER RESTAURANT 9AM BIBLE STUDY 10AM YOGA 11:15 PBALL 2-3	9 HIGHLAND HIKERS 10 CHAIR YOGA 11:15	10 YOGA 11:15 FUNCTIONAL FITNESS 1:15 WITH KENDRA MARTIN THIRSTY THURSDAY 4-5:30	11 HIGHLAND HIKERS 10 BOOK CLUB 11 CANASTA 1-4 PALATE PLEASURES 5 PM - 7 PM 	12 COFFEE TALK 9AM
13	14 HIGHLAND HIKERS 10 CHAIR YOGA 11:15	15 BIBLE STUDY 10AM YOGA 11:15 PBALL 2-3	16 HIGHLAND HIKERS 10 CHAIR YOGA 11:15	17 YOGA 11:15 FUNCTIONAL FITNESS 1:15 WITH KENDRA MARTIN THIRSTY THURSDAY 4-5:30	18 HIGHLAND HIKERS 10	19 COFFEE TALK 9AM
20	21 HIGHLAND HIKERS 10 CHAIR YOGA 11:15	22 BIBLE STUDY 10AM YOGA 11:15 PBALL 2-3	23 HIGHLAND HIKERS 10 CHAIR YOGA 11:15	24 YOGA 11:15 FUNCTIONAL FITNESS 1:15 WITH KENDRA MARTIN THIRSTY THURSDAY 4-5:30	25 HIGHLAND HIKERS 10 CANASTA 1-4	26 COFFEE TALK 9AM
27	28 HIGHLAND HIKERS 10 CHAIR YOGA 11:15	29 BIBLE STUDY 10AM YOGA 11:15 PBALL 2-3	30 HIGHLAND HIKERS 10 CHAIR YOGA 11:15	31 YOGA 11:15 FUNCTIONAL FITNESS 1:15 WITH KENDRA MARTIN THIRSTY THURSDAY 4-5:30		

****PLEASE NOTE CHANGES THIS MONTH TO
SCHEDULE.**

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