



Welcome to our August Newsletter! We have a fun filled month ahead, and all in a nice cool location. Enjoy these summer months, they go by so quickly! Here you will learn more about all that's happening at the center during the month of August and beyond!

Join us when you can, and don't forget to invite friends!

Thanks as always for making our center a fun place to be! YOU make the difference!



Our next Monthly Luncheon is August 7th at NOON at Wiesemeyer. We have Elizabeth LaKamp entertaining. We are serving a deluxe hamburger with all the toppings, macaroni and cheese, coleslaw, and Dilly Bars for dessert. \$10 at the door. RSVP IS VERY IMPORTANT! If you RSVP'd and can no longer make it, PLEASE call the center at 618.667.2022 and let us know! Many Thanks!



Our next Live and Learn is August 13th at 1 PM at Wiesemeyer. We have the Alzheimer's Association here to discuss Understanding Alzheimer's. RSVP is appreciated. Call the center 618.667.2022



Drum Fun Is Back on August 15th at 9 AM! Lisa Edwards will be at the skating rink to lead the group! Thank you, Lisa! Drummers unite!



Bingo continues every Monday at 12:30 at Wiesemeyer. We'll have a light snack and there is no cost to play, and no RSVP required.



We play Hand and Foot the second and third Thursdays of the month. In August we will play on the 14th and 21st from 12:45 – 3:30 pm at the office building. No experience needed! Free to play. Come one come all!



Our Sit n Get Fit Class meets every Wednesday at 10 AM at the office. This class improves strength and flexibility, all in a fun inviting setting! Bring a friend for this seated exercise class! Weights, exercise bands and water are provided. **THIS CLASS IS FREE!** No RSVP required.



Pokeno is Wed. August 20th at 12:30 at Wiesemeyer. We'll serve a light snack, and there is no cost to play. No RSVP required. You do not need to know how to play. Cambridge House will be providing snacks for all of 2025! **THANK YOU TO ANGIE at CAMBRIDGE HOUSE IN MARYVILLE!**