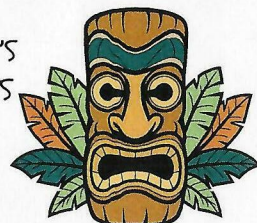
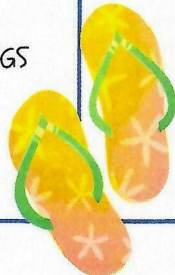


FORSYTH SENIOR CENTER ACTIVITIES AUGUST 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 TAI CHI 8AM-8:30AM S.A.I.L 9AM-10AM	4 <u>LUNCH IN THE PARK!</u> CHAIR EXERCISES 9AM-9:30AM	5 TAI CHI 8AM-8:30AM ARTHRITIS CLASS 8:30AM-9:30AM YOGA W/DEB 9:30AM-10AM YAHTZEE-12:30-2PM	6 BINGO 12:30-2 CHAIR EXERCISES 9AM-9:30AM HORSE RACES INSIDE 12:30-2 	7 TAI CHI 8AM-8:30AM S.A.I.L 9AM-10AM MOVIE: PRETTY WOMAN 12:30 PM
10 TAI CHI 8AM-8:30AM S.A.I.L 9AM-10AM 	11 <u>BIRTHDAY DAY!</u> CHAIR EXERCISES 9AM-9:30AM <u>DEBBIE WEYER HERE FOR MEDICARE APPTS. CALL FOR AN APPT.</u>	12 TAI CHI 8AM-8:30AM ARTHRITIS CLASS 8:30AM-9:30AM YOGA W/DEB 9:30AM-10AM FARKLE-12:30-2PM	13 <u>LUNCH/BINGO IN THE PARK 12:30-2PM</u> CHAIR EXERCISES 9AM-9:30AM 	14 TAI CHI 8AM-8:30AM S.A.I.L 9AM-10AM  DUCK DAYS!
17 TAI CHI 8AM-8:30AM S.A.I.L 9AM-10AM	18 NO EXERCISES TODAY! <u>FOOT CLINIC 8AM-12PM CALL TO MAKE AN APPOINTMENT!</u>	19 TAI CHI 8AM-8:30AM ARTHRITIS CLASS 8:30AM-9:30AM YOGA W/DEB 9:30AM-10AM WHEEL OF FORTUNE-12:30-2PM	20 BINGO 12:30-2 CHAIR EXERCISES 9AM-9:30AM 	21 <u>HAWAIIAN PARTY!</u> TAI CHI 8AM-8:30AM S.A.I.L 9AM-10AM 
24 TAI CHI 8AM-8:30AM S.A.I.L 9AM-10AM	25 CHAIR EXERCISES 9AM-9:30AM CRAFTS W/HEAVEN 12:30-2	26 TAI CHI 8AM-8:30AM ARTHRITIS CLASS 8:30AM-9:30AM YOGA W/DEB 9:30AM-10AM	27 <u>LUNCH/BINGO IN THE PARK 12:30-2PM</u> CHAIR EXERCISES 9AM-9:30AM	28 TAI CHI 8AM-8:30AM S.A.I.L 9AM-10AM
31 TAI CHI 8AM-8:30AM S.A.I.L 9AM-10AM 			<u>*ALL ACTIVITIES SUBJECT TO CHANGE*</u>	

FORSYTH SENIOR CENTER AUGUST MEALS 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 FINGER STEAKS FRIES PEA SALAD CANTELOPE 	4 <u>LUNCH IN THE PARK</u> BBQ PULLED PORK WATERMELON PASTA SALAD	5 PORK CHOPS BAKED POTATO COLESLAW LEMON JELLO W/FRUIT	6 SPAGHETTI SALAD PUDDING AND BANANAS BREAD STICKS	7 BAKED HAM SCALLOPED POTATOES GREEN BEANS APPLE SAUCE
10 BREAKFAST CASSEROLE W/ PEPPERS FRUIT COCKTAIL MUFFINS	11 <u>BIRTHDAY DAY!</u> POPPY SEED CHICKEN BEETS ROLL PEACHES 	12 CREAM CHEESE CHICKEN ENCHILADAS GREEN BEANS FRESH FRUIT	13 <u>LUNCH IN THE PARK!</u> CHICKEN STRIPS POTATO SALAD FRUIT JELLO RICE KRISPY BARS	14 SLOPPY JO'S TATOR TOTS SALAD PEACHES 
17 COD TATOR TOTS MIXED VEGGIES ORANGE SLICES	18 MEATLOAF MASHED POTATOES CARROTS BERRIES 	19 BREAKFAST CASSEROLE W/ PEPPERS HASHBROWNS MUFFIN APPLE CINNAMON 	20 FRENCH BREAD PIZZA SALAD MIXED FRUIT	21 <u>HAWAIIAN PARTY!</u> PINEAPPLE CHICKEN W/ RICE TROPICAL FRUIT MIXED VEGGIES PINEAPPLE UPSIDE DOWN CAKE
24 GRILLED HAM AND CHEESE GREEN BEANS APPLE SAUCE	25 TACO TUESDAY TATOR TOTS PEARS	26 PATTY MELT POTATO WEDGES SALAD FRUIT & PUDDING	27 <u>LUNCH IN THE PARK</u> BLT CHIPS WATERMELON BROWNIES	28 CHICKEN ALFREDO W/ NOODLES CAESAR SALAD BREAD STICK FRUIT SALAD
31 HAMBURGERS AND FIXINGS DEVILED EGGS CHIPS MIXED FRUIT 		PLEASE CALL BEFORE 9:30 TO RESERVE YOUR PLATE! <u>(406) 346-2878</u>		*ALL MEALS SERVED W/COFFEE, WATER, TEA, JUICE, AND/OR 2% MILK.*

ALL MEALS SUBJECT TO CHANGE