

# AUGUST 2020 The Club

Memory Enhancement Program  
Monday – Friday 9:00 a.m. — 2:00

Su	Mon (Open 7:30-5)	Tue (Open 7:30-5)	Wed (Open 7:30-5)	Thu (Open 7:30-5)	Fri (Open 7:30-5)	Sat
2	<b>3 Afternoon Activities</b> <ul style="list-style-type: none"> <li>• Discussion Group</li> <li>• Sports Fitness</li> <li>• Patio Trivia</li> <li>• Sing -a-long</li> </ul>	<b>4 Afternoon Activities</b> <ul style="list-style-type: none"> <li>• Discussion Group</li> <li>• Sports Fitness</li> <li>• Patio Trivia</li> <li>• Sing-a-long</li> </ul>	<b>5 Afternoon Activities</b> <ul style="list-style-type: none"> <li>• Discussion Group</li> <li>• Sports Fitness</li> <li>• Patio Trivia</li> <li>• Sing-a-long</li> </ul>	<b>6 Afternoon Activities</b> <ul style="list-style-type: none"> <li>• Discussion Group</li> <li>• Sports Fitness</li> <li>• Patio Trivia</li> <li>• Sing-a-long</li> </ul>	<b>7 Afternoon Activities</b> <ul style="list-style-type: none"> <li>• Travel Club</li> <li>• Balance Class</li> <li>• Brain &amp; Body Fitness</li> <li>• WEAR SOMETHING PATRIOTIC</li> <li>• Sing-a-long</li> </ul>	8
9	<b>10 Afternoon Activities</b> <ul style="list-style-type: none"> <li>• Discussion Group</li> <li>• Sports Fitness</li> <li>• Patio Trivia</li> <li>• Sing-a-long</li> </ul>	<b>11 Afternoon Activities</b> <ul style="list-style-type: none"> <li>• Healthy Living Series</li> <li>• Chair Fitness</li> <li>• Patio Trivia</li> <li>• Veterans Club</li> <li>• Sing-a-long</li> </ul>	<b>12 Afternoon Activities</b> <ul style="list-style-type: none"> <li>• Discussion group</li> <li>• History Series</li> <li>• Resistance Training</li> <li>• Art Series</li> <li>• Sing-a-long</li> </ul>	<b>13 Afternoon Activities</b> <ul style="list-style-type: none"> <li>• Welcome Committee</li> <li>• Veterans Club</li> <li>• Discussion Group</li> <li>• Sing-a-long</li> </ul>	<b>14 Afternoon Activities</b> <ul style="list-style-type: none"> <li>• Travel Club</li> <li>• Balance Class</li> <li>• Brain &amp; Body Fitness</li> <li>• Sing-a-long</li> </ul>	15
16	<b>17 Afternoon Activities</b> <ul style="list-style-type: none"> <li>• Discussion Group</li> <li>• Sports Fitness</li> <li>• Patio Trivia</li> <li>• Sing-a-long</li> </ul>	<b>18 Afternoon Activities</b> <ul style="list-style-type: none"> <li>• Healthy Living Series</li> <li>• Chair Fitness</li> <li>• Patio Trivia</li> <li>• Veterans Club</li> <li>• Sing-a-long</li> </ul>	<b>19 Afternoon Activities</b> <ul style="list-style-type: none"> <li>• History Series</li> <li>• Resistance Training</li> <li>• Music &amp; Motion</li> <li>• Patio Chat</li> <li>• Sing-a-long</li> </ul>	<b>20 Afternoon Activities</b> <ul style="list-style-type: none"> <li>• Welcome Committee</li> <li>• Music &amp; Motion for Parkinson</li> <li>• Veterans Club</li> <li>• Sing-a-long</li> </ul>	<b>21 Afternoon Activities</b> <ul style="list-style-type: none"> <li>• Travel Club</li> <li>• Balance Class</li> <li>• Brain &amp; Body Fitness</li> <li>• Sing-a-long</li> <li>• Patio Chat</li> </ul>	22
23	<b>24 Afternoon Activities</b> <ul style="list-style-type: none"> <li>• Sports Fitness</li> <li>• Patio Trivia</li> <li>• Discussion Group</li> <li>• Sing-a-long</li> </ul>	<b>25 Afternoon Activities</b> <ul style="list-style-type: none"> <li>• Healthy Living Series</li> <li>• Chair Fitness</li> <li>• Patio Trivia</li> <li>• Veterans Club</li> <li>• Sing-a-long</li> </ul>	<b>26 Afternoon Activities</b> <ul style="list-style-type: none"> <li>• History Series</li> <li>• Resistance Training</li> <li>• Music &amp; Motion</li> <li>• Art Series</li> <li>• Sing-a-long</li> </ul>	<b>27 Afternoon Activities</b> <ul style="list-style-type: none"> <li>• Welcome Committee</li> <li>• Music &amp; Motion for Parkinson</li> <li>• Veterans Club</li> <li>• Sing-a-long</li> </ul>	<b>28 Afternoon Activities</b> <ul style="list-style-type: none"> <li>• Travel Club</li> <li>• Balance Class</li> <li>• Brain &amp; Body Fitness</li> <li>• Sing-a-long</li> </ul>	29
30	<b>31 Afternoon Activities</b> <ul style="list-style-type: none"> <li>• Discussion Group</li> <li>• Sports Fitness</li> <li>• Patio Trivia</li> <li>• Sing-a-long</li> </ul>					

## Morning Programs

9:30-11:45 am

Brain Fitness

Exercise Classes

\*1st & 3rd Tuesday

Music Therapy

Lunch: 12:00 -12:30 pm

## Afternoon Programs

12:30-2:00 pm

BINGO WITH PRIZES

BRAIN FITNESS

2:00 PM – 5:00 PM

Reminiscent Club

Music & Motion

Trivia

Safety is our top priority.  
Social distancing and infection control procedures are in place daily.

### Contact

Main: 772-223-7844

Transportation: 772-223-7855

[www.kanecenter.org](http://www.kanecenter.org)