

CRAFTS

FREE CARD MAKING CLASS WITH SHERRY

This new class will show you how to create beautiful handmade cards to share with friends and family.

When: Tuesday, August 2nd @ 10:00 – 11 AM
Beginner's welcome!

FREE CERAMICS CLASS

Ceramics class is closed for August.
We will restart this class in September!

COFFEE AND CANVAS

There will be no Coffee and Canvas for August and September. We will restart in October!

CRAFTS WITH NORA

Wednesday, August 10th @ 10:00AM to 11:00AM

AUGUST NEWSLETTER



WOW August is here and summer is almost over!!!
Best way to look at it those sticky hot summer days are almost gone!!

1925 Grand Boulevard | Monessen, PA 15062
(724) 684-6105 | monessenctr@thenutritiongroup.biz
Center Closings: Watch WTAE for updated information

EXERCISE



TAI CHI FREE CLASS

Spend a calming hour with Sharif as he teaches you basic Tai Chi movements to help improve balance, breathing and overall health and wellness!

Every Friday 1pm to 2pm starting July 8th



BINGOCIZE IS BACK

Monday and Friday's 10am to 11am starting August 1st through October 7th

This is the best of both worlds' bingo and exercise together and you win prizes!

Come join Miriam and have some fun exercising!!

ACTIVITIES



McFeeleys Ice Cream Truck

Coming to the Senior Center on August 8th from 12:30pm to 1:30pm

Have an ice cream treat on us!

MAKE SURE YOU REGISTER FOR LUNCH!!



August 9th from 11:30am to 12:00pm

Sean Baer from PA Dept. of Health

Will be here to discuss inoculations and their importance to our health

MARK YOUR CALENDARS

BINGO



Bingo is every Mondays and Fridays from
12:45 PM to 3:00 PM.

NEW JACKPOT PRIZE

Starting packages \$6.00 Ten regular games
2 Specials and One Jackpot

Prizes determine by how many players we have
Come Join US

WHAT TO WEAR ON FRIDAYS?

Aug. 5th – Blue and Green

Aug. 12th – Yellow and Blue

Aug. 19th – Green leaves and Brown

Aug. 26th – Red and Black

If you wear the color shown above for the specific
day you will get a raffle ticket to win a prize.

**EVERYONE IS WELCOME TO PARTICIPATE
IN WHAT TO WEAR ON FRIDAYS!!!**

FREE GROCERY BINGO

Thursday, August 18th from
12:45pm to 3:00pm

RAFFLES

**Don't forget about our weekly and monthly
raffles. Remember, the proceeds from our
raffles goes directly to our Center. Please
help make this successful!**

**Our August monthly tickets are on sale
now! They are \$5.00.**

**50/50 tickets and \$1 tip boards are on sale
Monday - Friday!**

Winner will be drawn Friday after lunch!

Raffle tickets are:

5 tickets for \$3.00

10 tickets for \$5.00

**Let Miriam know if you want to purchase
any tickets. All proceeds go to our center.**

HORSE RACING BINGO FRIDAYS

BUY YOUR HORSE EARLY

Numbers 1 through 15

\$2.00 per horse and \$1.00 per card

11:30AM Every Friday!!!

EVENTS

AUGUST BIRTHDAYS CELEBRATION!

Join us as we celebrate our July Birthdays on

August 17th @ 12:30 PM
RSVP by August 10th
before 12:00PM

Don't have a August birthday? You will still come and enjoy a delicious meal as well as cake and Ice Cream to help celebrate with others!

Lunch is served at 12:00pm, so remember to preregister!

BOARD MEETINGS

The Board will meet on August 16th this month from 9:00am to 10:00am. All are welcome to come and bring their ideas.

BREAD DAY (EVERY THURSDAY)

Please remember the rules: one bread and one goodie per person. You cannot pick up for anyone. This is only for people who come in for lunch or other activities.

LUNCH AND SHOW

LUNCH AND SHOW



CATHY RHODES PLAYS TRIBUTE TO PATSY CLINE

AUGUST 24TH FROM 1PM TO 2PM

**TICKETS ARE \$5.00 (Tickets do not include \$2.00
lunch donation)**

**Cathy does a wonderful tribulation to Patsy Cline.
Wear your cowboy hat and boots to go with our
country western décor!**

MENU

**Cheeseburger with Lettuce and Tomato
Creamy Potato Soup
Crackers
Fresh Banana**

**Plus treats during the show
RSVP BEFORE August 17th**