



## Samish Elders Program

# August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Lunch	3 Lunch	4 Beading/Cribbage Group: Lunch at Admin Bldg.	5 Lunch	6 Brunch  Chair-massages offered	7
8	9 Lunch	10 Lunch	11 Beading/Cribbage Group: Lunch at Admin Bldg.	12 Lunch	13 Brunch  Chair-massages offered	14
15	16 Lunch	17 Lunch	18 <b>Upper Skagit Elders Luncheon</b> Depart @ 9am Return @ 3pm <i>No Admin lunch</i>	19 <b>Skagit Senior Day in the Park</b> Depart @ 10am Return @ 2pm <i>Lunch Cancelled</i>	20 Brunch  Chair-massages offered	21
22	23 Lunch	24 Lunch	25 Beading/Cribbage Group: Lunch at Admin Bldg.	26 Lunch	27 Brunch  Chair-massages offered	28
29	30 Lunch	31 Lunch		Free blood pressure checks every Wed. at Admin Bldg.		Thank you to Sue for providing transportation on the 18th and 19th! Please sign-up with Sue if you will be joining us!

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Edie Hill

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Please feel free to  
contact us at anytime!