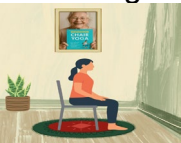


August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	 Exercise	Bingo 	Puzzles 	Presentation: Vaya Health "Mental Health"	Dart Game	
9	10	11	12	13	14	15
	Exercise 	Bingo 	Brenda with Bands 	Presentation: CarePartners "Quaility"	Chair Yoga 	
16	17	18	19	20	21	22
	Crafts 	Bingo 	Game Day!!! 	Dulcimers 	Stride for Health 	
23	24	25	26	27	28	29
	Exercise 	Bingo 	Trivia Game	Presentation: Theater Play	Presentation: WNCSource "Food Safety"	
30	31					
	 Exercise					

Aug. 2026 **Quebec Lunch Plus** 828-862-4466 111846 Rosman Hwy

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mobile Library 1 st Wednesday 10-12						1
2	3 Dianna Fyzcal Therapy	4 Bingo 	5 Heidi Summer Fruits/Veg	6 Donna/Chris 	7 Mary Yoga	8 Rosman Hunger Coalition 2th Thursday 2:30-4PM
9	10 Fire Dept BP checks	11 Bingo 	12 Fire Dept Safety Tip	13 Molly 4 Seasons Game	14 Mary Yoga	15
16	17 Dalton Ins Estate Plan/ Medicare	18 Bingo 	19 Sara K AARP -Fall Prevention	20 Sheriffs Dept	21 Jamie R Care Partners Game	22
Happy BD Mobile Bradley O 8/23	24 Kim EMS BP Checks	25 Bingo 	26 Megan Vaya- Navigating Depression	27 Heidi Nutrition	28 Walk for Life/ Game	29
Happy Birthday Beverly W 8/26 Irene S 8/30	31 Casey Pisgah L Fraud/ Medicare	WNCSource 828.884.8855 Transport 828.884.3203 Kathy 706.831.2521 				