

AUGUST 2026

SENIOR ACTIVITIES

Exercise

Join us for chair yoga on Mondays and Thursdays at 10:00 AM. Also on Mondays and Thursdays the YMCA host Silver Sneakers at 9:00 AM.

Breakfast

Our buffett style breakfast will start back on Tuesday, August 4th. We will **not** have breakfast on Tuesday, August 11th due to a special election.

Birthday Party

Join us for a birthday party on Wednesday, August 5th at 1:00 PM. We will have cake, ice cream, and other snacks and celebrate our honorees.

Lunch Trip

This month we are heading to Fresco in Bon Secour on August 12th. Be sure to sign up or meet us there. The bus will be leaving at 10:00 AM.

Sea Shell Craft

On Wednesday, August 19th the library will be hosting an arts and craft activity at 10:00 AM. They will be doing decoupage sea shells. Please sign up.

Pot Luck Lunch

On Wednesday, August 26th at noon we will be having pot luck lunch! Please bring a dish to share.



Games

Don't forget a group gets together at the
Community Center
**(2131 East Relham Drive
Loxley, AL 36551)**
on Thursdays from
12-3 PM and play games!



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