



August 2026 Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback 12p=Senior Ctr Mtg <i>Guests: Compassion Homecare</i>	4 9:30a=Chair Yoga 1 10a=B/P 10a=Farmers Market 10:30a=Chair Yoga 2 11:30a=Café Lunch 11:30a=Chair Yoga 3 12:30p=Bingo—Oak St.	5 9:30a=Stretch/Tone 11a=Drum w/Debra 11a=Brass Crochet 12:30p-2p=Monitor My Health (19) No BCH Nutrition	6 10a=BRASS Quilting 11a=Poker 9:30a=Sunshine Lav. Farm \$5 11:30a=Café Lunch 12:30p=Wisdom Years No Chorus No Ukulele	7 9:30a=BRASS Chair Strength 10a=Tech Help 11a=Sewing 11a=Computer Class 11a=Paint w/Silvia \$2 11a=Spades 11:30a=Bye to Talique-Ice Cream Social
10 10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback 12:30p=Jessica Dornier Nutrition	11 9:30a=Chair Yoga 1 9:30a=SB Library 10a=B/P 10a=Farmers Market 10:30a=Chair Yoga 2 11:30a=Café Lunch 11:30a=Chair Yoga 3 12:30p=Bingo	12 9:30a=Stretch/Tone 10a=BCH Nutrition 10:30a=Quassy Boat Ride -\$15/pp Bus leaves 10:30a 11a=Drum w/Debra 11a=Brass Crochet	13 10a=BRASS Quilting 11a=Poker 11:30a=Café Lunch No Chorus No Ukulele	14 9:30a=BRASS Chair Strength 10a=Tech Help 11a=Sewing 11a=City Mission 11a=Computer Class 11a=Paint w/Silvia \$2 11a=Spades
17 10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback 12:30p=City Planning Lunch & Learn w/Bob Nerney	18 9:30a=Chair Yoga 1 10a=B/P 10a=Farmers Market 10:30a=Chair Yoga 2 11:30a=Café Lunch 11:30a=Chair Yoga 3 11:30p=Reflexology 12:30p=Bingo	19 9:30a=Stretch/Tone 9:30a=Smart House Bus leaves WSC 9:30a 10a=BCH Nutrition 10a=Dolce Bus WSC leaves 9:30a 11a=Brass Crochet No Drum W/Debra	20 10a=BRASS Quilting 11a=Poker 11:30a=Café Lunch 12:30p=Senior Dine Sign-up 12:30p=Mandy Dupont Roundtable Talk 1p=YMCA Blood Drive No Chorus	21 9:30a=BRASS Chair Strength 10a=Tech Help 11a=Sewing 11a=Computer Class 11a=Paint w/Silvia \$2 11a=Spades 11a=Reiki
24 10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback 12:30p=Estevan, City Health Coach-Stress	25 9:30a=Chair Yoga 1 10a=B/P 10a=Farmers Market 10:30a=Chair Yoga 2 11:30a=Café Lunch 11:30a=Chair Yoga 3 12:30p=Bingo	26 9:30a=Stretch/Tone 10a=BCH Nutrition 11a=BRASS Crochet 11a=CPR Training for Seniors No Drum W/Debra	27 10a=BRASS Quilting 11a=Poker 11:30a=Café Lunch 12:30p=Senior Disability Visual Aid No Chorus No Ukulele	28 9:30a=BRASS Chair Strength 10a=Tech Help 11a=Computer Class 11a=Paint w/Silvia \$2 11a=Sewing w/Maggie 11a=Spades
31 10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback 12:30p=Medicare Changes w/WCAAA				



August 2026 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Café Lunch served 11:30a to 12:30p Tuesday & Thursday All menus are subject to change	4 Broccoli & cheese frittata Tater tots Tossed salad w/Italian dressing WG Blueberry muffin Applesauce		6 Turkey taco salad (lettuce, tomato, ground turkey, cheddar cheese, Ranch dressing) Black bean/corn salad Tortilla chips Pineapple tidbits	Suggested Donation for Seniors \$4.00
If you are on Meals on Wheels, you are not eligible for Café Lunch	11 Szechuan style chick- en breast Brown rice Broccoli Wheat bread Cookie Fruit juice		13 Potato soup/crx Chef salad (lettuce, to- mato, carrots, ham, turkey, egg, cheddar cheese, Ranch dressing) Rye bread Mandarin oranges	PLEASE NOTE Aids & Guests are asked to pay \$9.73 for lunch. That is what the WSC pays New Opp for lunch
	18 BBQ glazed pork rib patty w/WG hamburg- er bun Ranch beans Cucumber salad Seasonal fruit		20 Salisbury steak w/ brown gravy Whipped potatoes Brussel sprouts Wheat bread Cookie Fruit juice	
	25 WG Mac & cheese Baked beans Collard greens WG cornbread muffin Diced pears		27 Cream of broccoli soup/crx Creamy sun-dried to- mato chicken thigh WG penne pasta Wheat bread Diced peaches	
				