


August 2022 Program Calendar

The Palmer Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Blood Pressure Checks and Monday Motivation and Movement with Cleveland University	2 9:45 Aging Mastery Program #	3 9:45 Nutrition Site Committee 11:00 Laughter Yoga 12:30 Music with The Palmer Players	4 10:30 Bingo	5 10:45 Protect Your Skin From the Inside Out 12:30 Popsicles on the Patio	6
8 10:00 Activity with Cleveland University Monday Motivation and Movement	9 9:45 Aging Mastery Program # 12:15 Are You Ready? Protect your Property & Valuables	10 10:00 Coloring Your Way 12:30 Open Music Jam	11 10:30 Vet to Vet	12 10:30 The Art in You	13
15 10:00 Activity with Cleveland University Monday Motivation and Movement	16 9:30 VNA Blood Pressure Checks 9:45 Aging Mastery Program #	17 10:15 New Theatre – Freaky Friday \$# 10:45 Dr. Tess-Psoriasis Awareness 12:30 Music with The Palmer Players	18 10:30 Alzheimer’s Association Speaker 12:30 White Elephant Bingo 2:00 Cover to Cover Book Club	19 11 Tech Talk 12:15 Ice Cream Social	20
22 10:00 Activity with Cleveland University Monday Motivation and Movement	23 9:45 Aging Mastery Program # 12:15 Are You Ready? Whole Community & National Preparedness Month	24 10:00 Coloring Your Way 12:30 Open Music Jam	25 10:30 5 a Day Bingo	26 11:30 Birthday Lunch	27
29 10:00 Activity with Cleveland University Monday Motivation and Movement	30 9:45 Aging Mastery Program # 12:30 Aging Mastery Program Graduation	31 9:30 Scamboree Exhibits Open 10:00 SMP Bingo 10:30 Scamboree Speakers and Panel 12:30 Music with The Palmer Players			
9:00-9:45 Wake Up Workout \$3 9:00-11:30 Woodcarving Club SC \$ 10:00-10:45 PEPPi 10:00-10:45 SilverSneakers Yoga TMB \$ 11:30 Lunch # 12:05-2:00 Open Line Dance \$3 12:30-2:30 Bare Bones Art 12:30 Pinochle	9:00-9:45 Stretch & Tone \$2 11:30 Lunch # 12:00-4:00 Intermediate Bridge TMB \$ 1:30 Zuma Gold TMB \$ 11:30- 1:00 Beginner Pickleball \$ 1:00 – 3:30 Open Play Pickleball \$ 3:30 – 5:00 Advanced Pickleball \$	9:00-9:45 Wake Up Workout \$3 10:00-10:45 PEPPi 11:30 Lunch # 12:00-4:00 Woodcarving Club SC 1:45-2:30 SilverSneakers Yoga TMB	9:00-9:45 Stretch & Tone \$2 11:00-11:45 SilverSneakers Classic TMB \$ 11:30 Lunch # 12:30 Pinochle 11:30- 1:00 Beginner Pickleball \$ 1:00 – 3:30 Open Play Pickleball \$ 3:30 – 5:30 Advanced Pickleball \$	9:00-9:45 Wake Up Workout \$3 10:00-10:45 PEPPi 10:30-11:15 Stitch in Time 11:30 Lunch # 12:05-2:00 Instructed Line Dance \$3	 THE PALMER CENTER INDEPENDENCE PARKS & RECREATION

#=Reservation Required \$= Fee TMB= Truman Memorial Bldg GO= George Owens Park SC= Sermon Center

www.ci.independence.mo.us/parksandrec/palmer