# Rendezvous Club August Programs and Events

## Sargent Sundae Ice Cream

Friday, August 1st @ 1pm

Take in our beautiful summer while enjoying an ice cream from Sargent Sundae

#### Summer Carnival

Tuesday, August 5th @ 1:30pm

Spend the afternoon laughing with friends while partaking in a variety of carnival games

## Table Games and Mental Aerobics

Word in a Word
Cribbage
Name that Tune
Kings in the Corner
Through the Decades
iPad Programs
Whist
Group Crosswords
Qwirkle
Tile Rummy
Wheel of Fortune
And much more!

### Rendezvous Mini Folklorama

August 12th - 15th

Join us in learning about the

Portuguese and Ukrainian

#### Exercises

Chair Yoga

Breathing and Meditation

Chair Exercises

**Walking Group** 

Chair Zumba