



BAY AREA ALUMINUM SERVICES, INC. Since 1972
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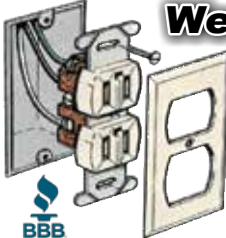
ROOM ADDITIONS

- Carports • Awnings
- Acrylic, Glass & Screen Enclosures
- And More! •

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12350 Belcher Road • Bldg. #5-K • Largo
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- Ceiling Fan Wiring
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10% OFF LABOR
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*DISCOUNT DOES NOT APPLY TO ESTIMATED WORK ONLY SERVICE CALLS, CAN'T BE COMBINED

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AUGUST 2023

Palm Hill Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SEPTEMBER S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30						
		1	2	3	4	5
		10am-11am: Water Aerobics (N) 7pm-10pm: Bingo (N)	8am-10am: Coffee (S) 9am-12pm: Free Ear Wax Removal (S) 1pm: Mahjong (N) 3pm-4pm: Ukulele Club (S)	10am: Craft Class (S) 3:45pm: North Food Distribution (N) 7pm-10pm: Bingo (S)	10am-11am: Water Aerobics (N) 1pm: Hand and Foot (N)	
6	7	8	9	10	11	12
4pm-5pm: Sunday Worship (N)	8am-10am: Coffee (N) 6pm: Palm Hill Summer Walking Club 6:30pm: Poker (S)	10am-11am: Water Aerobics (N) 7pm-10pm: Bingo (N)	8am-10am: Coffee (S) 1pm: Mahjong (N)	7pm-10pm: Bingo (S)	10am-11am: Water Aerobics (N) 1pm: Hand and Foot (N) 5:30pm: Potluck Dinner / Game Night (S)	
13	14	15	16	17	18	19
	8am-10am: Coffee (N) 6pm: Palm Hill Summer Walking Club 6:30pm: Pool Party (S)	10am-11am: Water Aerobics (N) 7pm-10pm: Bingo (N)	8am-10am: Coffee (S) 11:30am: Ladies Luncheon 1pm: Mahjong (N) 4pm: Gathering of Men	7pm-10pm: Bingo (S)	10am-11am: Water Aerobics (N) 1pm: Hand and Foot (N)	
20	21	22	23	24	25	26
	8am-10am: Coffee (N) 6pm: Palm Hill Summer Walking Club 6:30pm: I Got It (S)	10am-11am: Water Aerobics (N) 7pm-10pm: Bingo (N)	8am-10am: Coffee (S) 1pm: Mahjong (N)	11am: Cooking Class (S) 7pm-10pm: Bingo (S)	8:30am-4:15pm: Holiday Office Schedule 2023 10am-11am: Water Aerobics (N) 1pm: Hand and Foot (N)	
27	28	29	30	31		
6:30pm: Movie Night At Palm Hill (S)	8am-10am: Coffee (N) 6pm: Palm Hill Summer Walking Club 6:30pm: Bunco (S)	10am-11am: Water Aerobics (N) 7pm-10pm: Bingo (N)	8am-10am: Coffee (S) 1pm: Mahjong (N)	7pm-10pm: Bingo (S)		