

Monday

Tuesday

Wednesday

Thursday

4

8 a.m. – 3:45 p.m.- Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. – Silver Sneakers
 11:30 a.m. - Yoga
 12 p.m. – Senior Life Lunch/Bingo
 6:30 p.m. – Pinochle/Exercise Rm.

11

8 a.m. – 3:45 p.m.- Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. – Silver Sneakers
 11:30 a.m. - Yoga
 12 p.m. – Lunch (\$2)
 1:30 p.m. – Bible Study
 6:30 p.m. – Pinochle/Exercise Rm.

18

8 a.m. – 3:45 p.m.- Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. – Silver Sneakers
 11:30 a.m. - Yoga
 12 p.m. – Lunch (\$2)
 6:30 p.m. – Pinochle/Exercise Rm.

25

8 a.m. – 3:45 p.m.- Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. – Silver Sneakers
 11:30 a.m. - Yoga
 12 p.m. – Lunch (\$2)
 1:30 p.m. – Bible Study
 6:30 p.m. – Pinochle/Exercise Rm.

5

8 a.m.-3:45 p.m. – Exercise Room
 12 p.m. – Lunch (Must Sign Up)
 1 p.m. – Bingo
 1 p.m. & 2:15 p.m. Silver Sneakers

12

8 a.m.-3:45 p.m. – Exercise Room
 12 p.m. – Lunch (Must Sign Up)
 1 p.m. – Bingo
 1 p.m. & 2:15 p.m. Silver Sneakers

19

8 a.m.-3:45 p.m. – Exercise Room
 12 p.m. – Lunch (Must Sign Up)
 1 p.m. – Bingo
 1 p.m. & 2:15 p.m. Silver Sneakers

26

8 a.m.-3:45 p.m. – Exercise Room
 12 p.m. – Lunch (Must Sign Up)
 1 p.m. – Bingo
 1 p.m. & 2:15 p.m. Silver Sneakers

6

8 a.m.-3:45 p.m.- Exercise Room
 9 a.m. – Noon – Line Dancing
 10 a.m. – Noon – Wii Bowling
 12 p.m. – Lunch (Must Sign Up)
 1 p.m. – Bingo
 2:30 p.m. – Craft (Must Sign Up)

13

8 a.m.-3:45 p.m.- Exercise Room
 9 a.m. – Noon – Line Dancing
 10 a.m. – Noon – Wii Bowling
 12 p.m. – Lunch (Must Sign Up)
 1 p.m. – Bingo

20

8 a.m.-3:45 p.m.- Exercise Room
 9 a.m. – Noon – Line Dancing
 10 a.m. – Noon – Wii Bowling
 12 p.m. – Lunch (Must Sign Up)
 1 p.m. – Bingo
 2:30 p.m. – Snack (Must Sign Up)

27

8 a.m.-3:45 p.m.- Exercise Room
 9 a.m. – Noon – Line Dancing
 10 a.m. – Noon – Wii Bowling
 12 p.m. – Lunch (Must Sign Up)
 1 p.m. – Bingo
 2:30 p.m. – Trivia (Please Sign Up)

7

8 a.m. – 3:45 p.m.- Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. – Silver Sneakers
 12 p.m. – Lunch (Please sign up)
 1:00 p.m. - Bingo

14

8 a.m. – 3:45 p.m.- Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. – Silver Sneakers
 12 p.m. – Lunch (Please sign up)
 1:00 p.m. - Bingo

21

8 a.m. – 3:45 p.m.- Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. – Silver Sneakers
 12 p.m. – Lunch (Please sign up)
 1:00 p.m. - Bingo

28

8 a.m. – 3:45 p.m.- Exercise Room
 8:45 a.m. - Strong Bones
 10 a.m. – Silver Sneakers
 12 p.m. – Lunch (Please sign up)
 1:00 p.m. - BIG Bingo