

Monday	Tuesday	Wednesday	Thursday
1	2	3	4
<p>8 a.m. – 3:45 p.m.- Exercise Room            8:45 a.m. - Strong Bones            10 a.m. –Silver Sneakers            11:45 a.m. -- Yoga            12:00 p.m.—Senior Life Pizza/Bingo            6:30 p.m. – Pinochle/Exercise Rm.</p>	<p>8 a.m.-3:45 p.m. – Exercise Room            12 p.m. – Lunch (Must Sign Up)            1 p.m. – Bingo            1 p.m. &amp; 2:15 p.m. Silver Sneakers</p>	<p>8 a.m.-3:45 p.m.- Exercise Room            9 a.m. – Noon – Line Dancing            10 a.m. – Noon – Wii Bowling            10 a.m. Produce Day for Signed Up            12 p.m. – Lunch (Must Sign Up)            1 p.m. – Bingo</p>	<p>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            6 p.m. – Game Night</p>
8	9	10	11
<p>8 a.m. – 3:45 p.m.- Exercise Room            8:45 a.m. - Strong Bones            10 a.m. – Silver Sneakers            11:45 a.m. - Yoga            12:00 p.m.—Lunch            1:00 p.m. – Bible Study            6:30 p.m. – Pinochle/Exercise Rm.</p>	<p>8 a.m.-3:45 p.m. – Exercise Room            12 p.m. – Lunch (Must Sign Up)            1 p.m. – Bingo            1 p.m. &amp; 2:15 p.m. Silver Sneakers</p>	<p>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</p>	<p>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            6 p.m. – Game Night</p>
15	16	17	18
<p>8 a.m. – 3:45 p.m.- Exercise Room            8:45 a.m. - Strong Bones            10 a.m. – Silver Sneakers            11:45 a.m. - Yoga            12:00 p.m.-- Lunch            6:30 p.m. – Pinochle/Exercise Rm.</p>	<p>8 a.m.-3:45 p.m. – Exercise Room            12 p.m. – Lunch (Must Sign Up)            1 p.m. – Bingo            1 p.m. &amp; 2:15 p.m. Silver Sneakers</p>	<p>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</p>	<p>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)            Snack (Following Lunch)            1:00 p.m. – Bingo            6 p.m. – Game Night</p>
22	23	24	25
<p>8 a.m. – 3:45 p.m.- Exercise Room            8:45 a.m. - Strong Bones            10 a.m. – Silver Sneakers            11:45 a.m. - Yoga            12:00 p.m.—Lunch            1:00 p.m. – Bible Study            6:30 p.m. – Pinochle/Exercise Rm.</p>	<p>8 a.m.-3:45 p.m. – Exercise Room            12 p.m. – Lunch (Must Sign Up)            1 p.m. – Bingo            1 p.m. &amp; 2:15 p.m. Silver Sneakers</p>	<p>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</p>	<p>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            6 p.m. – Game Night</p>
29	30	31	
<p>8 a.m. – 3:45 p.m.- Exercise Room            8:45 a.m. - Strong Bones            10 a.m. – Silver Sneakers            11:45 a.m. - Yoga            12:00 p.m.-- Lunch            6:30 p.m. – Pinochle/Exercise Rm.</p>	<p>8 a.m.-3:45 p.m. – Exercise Room            12 p.m. – Lunch (Must Sign Up)            1 p.m. – Bingo            1 p.m. &amp; 2:15 p.m. Silver Sneakers</p>	<p>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</p>	