

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
Computer Lab/ Game Room/ Quilting & Sewing Room/ Arts & Crafts Room Open during regular center hours. Please ask if you need assistance!		Meditation Room Open M-F: 8-9 Personal Time 9-10 Relaxation 1-2:30 Relaxation	PIYO, 9-9:50 – Ex. Rm Strengthening, 10-10:30 - Ex. Rm Needle Craft, 9-3-Quilting Rm Bridge, 9:30-12, Board Rm Relaxation, 10:30-11-Med. Rm Exercise, 1:00-1:30- Ex. Rm	Blood Pressure Check 10:30-11:30, Board Rm
5	6	7	8	9
Bingo, 12:30-Dining Room August Birthday party!!	Needle Craft, 9-3-Quilting Rm Texas Hold 'Em, 9-11-Game Rm Beading, 9-11- Art Rm PIYO, 9-9:50 – Ex. Rm Strengthening ,10-10:30, Ex. Rm Bridge, 12:30-3:30 – Game Rm Exercise, 1-1:30 – Ex. Rm	Pitch, 9-11– Board Rm “42”, 9-11 – Game Rm Clay, 9-11-Art Rm Fiber Crafts W/ Lynna, 9:30-11 Quilting Rm Pet adoptions 10am-2pm – Board Rm BINGO-12:30, Dining Room Bridge-12:30-3:30, Game Rm Sit & Strech 1-1:30, Exercise Rm	PIYO, 9-9:50 – Ex. Rm Strengthening, 10-10:30 - Ex. Rm Needle Craft, 9-3-Quilting Rm Bridge, 9:30-12, Board Rm Relaxation, 10:30-11-Med. Rm Smartphone class, 12:30 – Board Rm Exercise, 1:00-1:30- Ex. Rm	Blood Pressure Check 10:30-11:30, Board Rm
12	13	14	15	16
Art Class, 9-11-Art Rm	Needle Craft, 9-3-Quilting Rm Texas Hold 'Em, 9-11-Game Rm PIYO, 9-9:50 – Ex. Rm Strengthening ,10-10:30, Ex. Rm Bridge, 12:30-3:30 – Game Rm Exercise, 1-1:30 – Ex. Rm	Pitch, 9-11– Board Rm “42”, 9-11 – Game Rm Clay, 9-11-Art Rm Fiber Crafts W/ Lynna, 9:30-11 Quilting Rm BINGO-12:30, Dining Room Bridge, 12:30-3:30 – Game Rm Sit & Strech, 1-1:30, Exercise Rm	PIYO, 9-9:50 – Ex. Rm Strengthening, 10-10:30 - Ex. Rm Needle Craft, 9-3-Quilting Rm Art Class, 9-11-Art Rm Bridge, 9:30-12, Board Rm Relaxation, 10:30-11-Med. Rm Exercise, 1:00-1:30- Ex. Rm	Blood Pressure Check 10:30-11:30, Board Rm
19	20	21	22	23
Bingo, 12:30-Dining Room	Needle Craft, 9-3-Quilting Rm Texas Hold 'Em, 9-11-Game Rm PIYO, 9-9:50 – Ex. Rm Strengthening ,10-10:30, Ex. Rm Movie, 12:45 – Board Rm Bridge, 12:30-3:30 – Game Rm Exercise, 1-1:30 – Ex. Rm	Pitch, 9-11– Board Rm “42”, 9-11 – Game Rm BINGO-12:30, Dining Room Bridge, 12:30-3:30 – Game Rm Sit & Strech, 1-1:30, Exercise Rm	PIYO, 9-9:50 – Ex. Rm Strengthening, 10-10:30 - Ex. Rm Needle Craft, 9-3-Quilting Rm Art Class, 9-11-Art Rm Bridge, 9:30-12, Board Rm Relaxation, 10:30-11-Med. Rm Scam Presentation, 12-Dining room Exercise, 1:00-1:30- Ex. Rm	Blood Pressure Check 10:30-11:30, Board Rm
26	27	28	29	30
Art Class, 9-11-Art Rm	Needle Craft, 9-3-Quilting Rm Texas Hold 'Em, 9-11-Game Rm PIYO, 9-9:50 – Ex. Rm Strengthening ,10-10:30, Ex. Rm Bridge, 12:30-3:30 – Game Rm Exercise, 1-1:30 – Ex. Rm	Pitch, 9-11– Board Rm “42”, 9-11 – Game Rm Clay, 9-11-Art Rm BINGO-12:30, Dining Room Bridge, 12:30-3:30 – Game Rm Sit & Strech, 1-1:30, Exercise Rm	PIYO, 9-9:50 – Ex. Rm Strengthening, 10-10:30 - Ex. Rm Needle Craft, 9-3-Quilting Rm Bridge, 9:30-12, Board Rm Relaxation, 10:30-11-Med. Rm Exercise, 1:00-1:30- Ex. Rm	Blood Pressure Check 10:30-11:30, Board Rm