

Monday	Tuesday	Wednesday	Thursday	Friday
1 Bingo, 12:30-Dining Room	2 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	3 Pitch, 9-11– Board Rm “42”, 9-11 – Game Rm Make it & take it, 9:30-11 Quilting Rm Art class, 10-12 Art Rm BINGO-12:30, Dining Room Bridge, 12:30-3:30 – Game Rm Sit and Stretch, 1-1:30, Exercise Rm	4 Closed	5 Blood Pressure Check 10:30-11:30, Board Rm
8 Bingo, 12:30-Dining Room	9 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	10 Pitch, 9-11– Board Rm “42”, 9-11 – Game Rm Make it & take it, 9:30-11 Quilting Rm Art class, 10-12 Art Rm BINGO-12:30, Dining Room Bridge, 12:30-3:30 – Game Rm Sit and Stretch, 1-1:30 - Exercise Rm	11 PIYO, 9-9:50 – Ex. Rm Strengthening, 10-10:30 - Ex. Rm Needle Craft, 9-3-Quilting Rm Bridge, 9:30-12, Board Rm Art class, 10-12 Art Rm Relaxation, 10:30-11-Med. Rm Meditation, 1-2-Meditation Rm Exercise, 1:00-1:30- Ex. Rm	12 Art class, 10-12 Art Rm Blood Pressure Check 10:30-11:30, Board Rm BINGO-12:30, Dining Room
15	16 Needle Craft, 9-3-Quilting Rm Texas Hold 'Em, 9-11-Game Rm PIYO, 9-9:50 – Ex. Rm Clay Class, 9:30-11 – Art Rm Strengthening, 10-10:30, Ex. Rm Bridge, 12:30-3:30 – Game Rm Exercise, 1-1:30 – Ex. Rm	17 Pitch, 9-11– Board Rm “42”, 9-11 – Game Rm Clay Class, 9:30-11 – Art Rm BINGO-12:30 - Dining Room Bridge, 12:30-3:30 – Game Rm Sit and Stretch, 1-1:30 - Exercise Rm	18 PIYO, 9-9:50 – Ex. Rm Strengthening, 10-10:30, Ex. Rm Needle Craft, 9-3-Quilting Rm Bridge, 9:30-12, Board Rm Art class, 10-12 Art Rm Relaxation, 10:30-11-Med. Rm Meditation, 1-2-Meditation Rm Exercise, 1:00-1:30- Ex. Rm	19 Blood Pressure Check 10:30-11:30, Board Rm
22 Bingo, 12:30-Dining Room	23 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	24 Pitch, 9-11– Board Rm “42”, 9-11 – Game Rm Clay Class, 9:30-11 – Art Rm BINGO-12:30, Dining Room Bridge, 12:30-3:30 – Game Rm Sit and Stretch, 1-1:30, Exercise Rm	25 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 Meditation, 1-2-Meditation Rm Exercise, 1:00-1:30- Ex. Rm	26 Art class, 10-12 Art Rm Blood Pressure Check 10:30-11:30, Board Rm
29 Bingo, 12:30-Dining Room	30 Needle Craft, 9-3-Quilting Rm Texas Hold 'Em, 9-11-Game Rm PIYO, 9-9:50 – Ex. Rm Beading, 9:30-11 – Art Rm Strengthening, 10-10:30 - Ex. Rm Bridge, 12:30-3:30 – Game Rm Exercise, 1-1:30 – Ex. Rm	31 Pitch, 9-11– Board Rm “42”, 9-11 – Game Rm Clay Class, 9:30-11 – Art Rm BINGO-12:30 - Dining Room Bridge, 12:30-3:30 – Game Rm Sit and Stretch, 1-1:30, Exercise Rm	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