

Food

LUNCH SERVING HOURS

**MONDAY THRU
FRIDAY**

11:30 AM – 12:30 PM

Place meal orders by 1pm the previous day.

Fitness

**CHAIR
YOGA**

EVERY TUESDAY
10:45 AM – 11:30 AM
Closed Holidays

**FUNCTIONAL
POSTURE, MOBILITY &
BALANCE**

EVERY WEDNESDAY
10:30 AM – 11:00 AM
Closed Holidays

**TAI
CHI**

EVERY THURSDAY
10:15 AM – 11:15 AM
Closed Holidays

Fun

BINGO

**LAST THURSDAY
OF EACH MONTH**

12:30 PM

3-4 Games played. Small gift card for each BINGO