

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