

Food

LUNCH SERVING HOURS

**MONDAY THRU
FRIDAY** **11:30 AM – 12:30 PM**

Place meal orders by 1pm the previous day.

GROCERY SELECTION

**MONDAY, TUESDAY
& WEDNESDAY** **12:30 PM**

Arrive early to get a number

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