



Weekly Activities

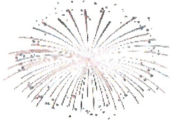
Monday

9:30AM

Chair Yoga

1:00PM

Afternoon Art



1:00PM

Pinochle (Looking for new players 😊!)

9-12:00

Jeff Lewis BC/BS (The 4th Monday of each Month)

Tuesday

9:30AM

Resistance Band Exercise

11-12:30

Lawyer NCOFA (1st Tuesday of Each Month)

12:30PM

Senior Club (1st, Tuesday of Each Month)

12:30PM

Travel Club (4th Tuesday of Each Month)



1:00PM

Bridge (1st Tuesday of Each Month Only)

1:00PM

Technology 101 (2nd & 4th Tuesday of Each Month)

12:30PM

Euchre

1:30PM

Book Club (3rd Tuesday of Each Month)

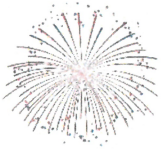
Wednesday

9:30AM

Silver Sneakers

10:30AM

Larks (Summer Break No larks July and August)



1:00PM

BINGO

12:00PM

Mahjongg (Looking for new players 😊!)

Thursday

8:30AM

Mahjongg

9:00AM

Wood Carvers (New Carvers Welcome 😊!)



1:00PM

Exercise with Kathy

1-3:00PM

Grief Support Group

(On Break until Thursday, August 11th)

Friday

9:00AM

Quilters, Knitters, and Crochet

9:30AM

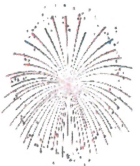
Chair Yoga

12:00PM

Trivia

12-3:00PM

Bridge (Looking for players to fill-in 😊!)



Please Call the Senior Center (716) 754-2071 For more information 😊!