



Weekly Activities



Monday	8:15AM	Chair Yoga
	9:30AM	Chair Yoga
	1:00PM	Afternoon Art
	12:30PM	Pinochle (Looking for new players 😊!)
	9-12:00	Jeff Lewis BC/BS (The 4 th Monday of each Month)
Tuesday	9:30AM	Resistance Band Exercise
	10:30AM	B/P with Joyce (2 nd & 4 th Tuesday of each Month)
	11-12:30	Lawyer NCOFA (1 st Tuesday of Each Month)
	12:30PM	Senior Club (1 st Tuesday) Travel Club (4 th Tuesday)
	12:00PM	Bridge (1 st Tuesday of Each Month Only)
	12:30PM	Euchre
	1:30PM	Book Club (3 rd Tuesday of Each Month)
	1:30PM	Technology 101 (1 st Tuesday of Each Month)
	6:30PM	Wood Carvers (6:30-8:30PM 3 rd Tuesday of each Month!)
Wednesday	9:30AM	Silver Sneakers
	10:30AM	Larks
	12:30PM	BINGO
	12:00PM	Mahjongg (Looking for new players 😊!)
Thursday	8:30AM	Mahjongg (Looking for new players 😊!)
	9:00AM	Wood Carvers (6:30-8:30PM 3 rd Tuesday of each Month!)
	1:00PM	Exercise with Kathy
Friday	9:00AM	Quilters, Knitters, and Crochet
	9:30AM	Chair Yoga
	12:00PM	Trivia
	12-3:00PM	Bridge (Looking for players 😊!)