










	Monday	Tuesday	Wednesday	Thursday	Friday
					1. 10:00am: Current Events 11:00am: Coffee Hour 12:00pm: Lunch 1:00pm: TV Time
		5. 10:00am-Bodywise Fitness w/UDC Ms.Vernette 11:00am-Nutrition Education w/Ms.Minor 12:00pm-Lunch 1:00pm-Trivia	6. 10:00am- Card Games 11:00am -Music Trivia 12:00pm -Lunch 1:00pm- Movie Time	7. 10:00am-Bodywise Fitness w/UDC Ms.Vernette 11:00am- Bingo 12:00pm- LUNCH 1:00pm-TV Time	8. 10:00am-Chat & Chew 11:00am- Movie 12:00pm- Lunch 1:00pm-Movie continued
	11. 10:00am: Coffee Hour 11:00am: Puzzles 12:00pm: Lunch 1:00pm: Open Game Time	12. 10:00am: Bodywise Fitness w/UDC Ms.Vernette 11:00am: Oldies but Goodies 12:00pm: Lunch 1:00pm: TV Time	13. 10:00am: Youtube Fitness 11:00am:Word Search 12:00pm: Lunch 1:00pm Card Game	14. 10:00am: Bodywise Fitness w/UDC Ms.Vernette 11:00am: Bingo 12:00pm: Lunch 1:00pm :Music Hour	15. 10:00am: Current Events 11:00am: Coffee Hour 12:00pm: Lunch 1:00pm: TV Time
		19. 10:00am- Bodywise Fitness w/UDC Ms.Vernette 11:00am -Youtube Fitness 12:00pm- Lunch 1:00pm -Music Hour	20. 10:00am- Card Games 11:00am -Music Trivia 12:00pm -Lunch 1:00pm- Movie Time	21. 10:00am: Current Events 11:00am: Coffee Hour 12:00pm: Lunch 1:00pm: TV Time	22. 10:00am- Youtube Fitness 11:00am-Word Search 12:00pm- Lunch 1:00pm -Card Game
	25. 10:00am- Puzzles 11:00am- Chat & Chew 12:00pm-Lunch 1:00pm- Oldies & Goodies	26. 10:00am -10:00am- Bodywise Fitness w/UDC Ms.Vernette 11:00am - Nutrition Education w/Ms.Minor	27. 10:00am Card Games 11:00am- Movie 12:00pm -Luch 1:00pm-Music Time	28. 10:00am-Bodywise Fitness w/UDC Ms.Vernette 11:00am -Bingo 12:00pm -Lunch	29. 10:00am- Card Games 11:00am -Music Trivia 12:00pm -Lunch 1:00pm- Movie Time

		12:00pm -Lunch 1:00pm -Music Hour		1:00pm -Card Games	
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Part of the Senior Services Network – Supported by the Department of Aging and Community Living.