


Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Sing-along 11:45 The word of the Day 12:10 Golden Glory Workout 12:30 Lunch 1:00 Classic Bingo 2:00 Game Time 3:00 Snack & Daily Chronicles 3:30 Did you know that? 4:00 Brain Games with Becky	2 8:30 Coffee & Friends 9:30 Brain Challenge 10:30 Sing-along 11:45 The word of the Day 12:10 Chair Fitness 12:30 Lunch 1:00 Classic Bingo 2:00 Game time 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 Brain Games with Robert	3 8:30 Coffee & Friends 10:00 Arts & Craft Hour 11:00 Morning Walk 11:45 The word of the Day 12:10 Wise Moves Exercise 12:30 Independence Day Luncheon 1:00 Classic Bingo 2:00 Patriotic Sing-along w/ Margarette 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 Afternoon Brain Teaser	4 <i>CENTER CLOSED FOR INDEPENDENCE DAY</i>
7 8:30 Coffee & Friends 10:00 Bring the Artist out in You 11:00 Morning walk 11:45 The word of the Day 12:10 Glory Days Fitness 12:30 Lunch 1:00 Classic Bingo 2:00 Zumba Gold w/ Foresight Fit. 3:00 Snack & Daily Chronicles 3:15 Trivia Time 4:00 End of Day Brain Challenge	8 8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Table Orchestra 11:45 The word of the Day 12:10 Chair Fitness 12:30 Lunch 1:00 Classic Bingo 2:00 Let's Keep Moving 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 End of Day Brain Challenge	9 8:30 Coffee & Friends 9:30 Brain Challenge 10:30 Sing-along 11:45 The word of the Day 12:10 Chair Fitness 12:30 Lunch 1:00 Classic Bingo 2:00 Live Music w/ Tom Applegate 3:00 Snack & Daily Chronicles 3:30 Did you know that? 4:00 Late Day Mind Games	10 8:30 Coffee & Friends 9:30 Bring the Artist out in You 10:30 Rhythm Activities 11:45 The word of the Day 12:10 Sit & Be Fit 12:30 Lunch 1:00 Classic Bingo 2:00 Game Time 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Regina	11 8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Stretch & Rhythm Activities 11:15 The word of the Day 11:30 Clap, Tap & Snap w/ Fores. Fit. 12:30 Lunch 1:00 Classic Bingo 2:00 Game Time 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Late Day Mind Exercise
14 8:30 Coffee & Friends 10:00 Bring the Artist out in You 11:00 Morning walk 11:45 The word of the Day 12:10 Glory Days Fitness 12:30 Lunch 1:00 Classic Bingo 2:00 Game Time 3:00 Snack & Daily Chronicles 3:15 Trivia Time 4:00 Afternoon Brain Teaser	15 8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Morning Walk 11:45 The word of the Day 12:10 Sit & Be Fit 12:30 Lunch 1:00 Classic Bingo 2:00 Armchair Travel to Colombia 3:00 Snack & Daily Chronicles 3:15 Trivia Time 4:00 Brain Games with Becky	16 8:30 Coffee & Friends 9:30 Brain Challenge 11:00 Table Orchestra 11:45 The word of the Day 12:10 Wise Moves Exercise 12:30 Lunch 1:00 Classic Bingo 2:00 Let's Keep Moving 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 End of Day Brain Challenge	17 8:30 Coffee & Friends 9:30 Let's Be Creative 10:30 Morning Trivia 11:45 The word of the Day 12:10 Wise Moves Exercise 12:30 Lunch 1:00 Classic Bingo 2:00 Game Time 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 End of Day Brain Challenge	18 8:30 Coffee & Friends 9:30 Maintain the Brain 11:00 Morning Stretch & Walk 11:45 The word of the Day 12:10 Wise Moves Exercise 12:30 Lunch 1:00 Classic Bingo 2:00 Zumba Gold w/ Foresight Fit. 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Robert
21 8:30 Coffee & Friends 10:00 Arts & Craft Hour 11:00 Morning walk 11:45 The word of the Day 12:10 Golden Glory Workout 12:30 Lunch 1:00 Classic Bingo 2:00 Let's Keep Moving 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Robert	22 8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Rhythm Activities 11:45 The word of the Day 12:10 Chair Fitness 12:30 Lunch 1:00 Classic Bingo 2:00 Drumming with Eloisa 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 End of Day Brain Challenge	23 8:30 Coffee & Friends 9:30 Brain Challenge 10:30 Sing-along 11:45 The word of the Day 12:10 Chair Fitness 12:30 Lunch 1:00 Classic Bingo 2:00 Live Music w/ Tom Applegate 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 Brain Games with Robert	24 8:30 Coffee & Friends 9:30 Let's Be Creative 10:30 Morning Walk 11:45 The word of the Day 12:10 Sit & Be Fit 12:30 Lunch 1:00 Classic Bingo 2:00 Game Time 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Regina	25 8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Stretch & Rhythm Activities 11:15 The word of the Day 11:30 Call & Echo Movem. w/ F.F. 12:30 Lunch 1:00 Classic Bingo 2:00 Game Time 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Late Day Mind Exercise
28 8:30 Coffee & Friends 10:00 Bring the Artist out in You 11:00 Morning walk 11:45 The word of the Day 12:10 Glory Days Fitness 12:30 Lunch 1:00 Classic Bingo 2:00 Movement Matters w/ Foresight 3:00 Snack & Daily Chronicles 3:15 Trivia Time 4:00 End of Day Brain Challenge	29 8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Sing-along 11:45 The word of the Day 12:10 Golden Glory Workout 12:30 Lunch 1:00 Classic Bingo 2:00 Live Music with Lisa Noe 3:00 Snack & Daily Chronicles 3:30 Did you know that? 4:00 Brain Games with Becky	30 8:30 Coffee & Friends 9:30 Brain Challenge 11:00 Table Orchestra 11:45 The word of the Day 12:10 Wise Moves Exercise 12:30 Lunch 1:00 Classic Bingo 2:00 Let's Keep Moving 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 End of Day Brain Challenge	31 8:30 Coffee & Friends 9:30 Let's Be Creative 10:30 Nail Morning w/ Lily 11:45 The word of the Day 12:10 Wise Moves Exercise 12:30 Lunch 1:00 Classic Bingo 2:00 Game Time 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 End of Day Brain Challenge	

The Calendar is subject to change to match our members' interests. Participation in activities is always voluntary, but greatly encouraged