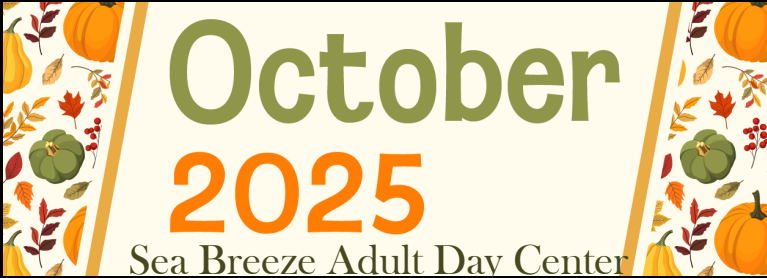


Monday		Tuesday		Wednesday		Thursday		Friday	
									
				1 8:30 Coffee & Friends 9:30 Brain Challenge 10:30 Sing-along 11:45 The word of the Day 12:10 Chair Fitness 12:30 Lunch 1:00 Classic Bingo 2:00 Game Time 3:00 Snack & Daily Chronicles 3:30 Did you know that? 4:00 Late Day Mind Games		2 8:30 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		3 8:30 Coffee & Friends 10:30 Maintain the Brain 11:00 Sing-along 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 Word Games 4:00 Afternoon Brain Teaser	
6 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		7 8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Stretch & 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 Robert		8 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 Rose		9 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 Lunch 1:00 Classic Bingo 2:00 Let's Keep moving 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 Afternoon Brain Teaser		10 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 w/ F. Fitness 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	
13 8:30 Coffee & Friends 10:00 Bring the Artist out in You 11:00 Sing-Along 11:45 The word of the Day 12:10 Glory Days Fitness 12:30 Lunch 1:00 Classic Bingo 2:00 Who were the Tocobagas? 3:00 Snack & Daily Chronicles 3:15 Trivia Time 4:00 Afternoon Brain Teaser		14 8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Stretch & Rhythm Activities 11:45 The word of the Day 12:10 Chair Fitness 12:30 Lunch 1:00 Classic Bingo 2:00 Drum Circle w/ Regina 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 End of Day Brain Challenge		15 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 Did you know that? 4:00 Late Day Mind Games		16 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 Live Music with Lisa Noe 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Regina		17 8:30 Coffee & Friends 9:30 Maintain the Brain 11:00 Morning Stretch & Walk 11:45 The word of the Day 12:10 Chair Fitness 12:30 Lunch 1:00 Classic Bingo 2:00 Let's Get Moving 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Robert	
20 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 Game Time 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Robert		21 8:30 Coffee & Friends 9:30 Maintain the Brain 11:00 Stretch & Morning Walk 11:45 The word of the Day 12:10 Sit & Be Fit 12:30 Lunch 1:00 Classic Bingo 2:00 Let's Keep moving 3:00 Snack & Daily Chronicles 3:15 Trivia Time 4:00 Brain Games with Regina		22 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 Live Music w/ Tom Applegate 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 End of Day Brain Challenge		23 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		24 8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Stretch & Rhythm Activities 11:15 The word of the Day 11:30 The Joy Jam w/ F. Fitness 12:30 Lunch 1:00 Classic Bingo 2:00 Let's Get Moving 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Late Day Mind Exercise	
27 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 Afternoon Brain Teaser		28 8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Stretch & Table Orchestra 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 Word Games 4:00 End of Day Brain Challenge		29 8:30 Coffee & Friends 10:30 Pampering Nail Morning 11:00 Sing-along 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 Trivia Time 4:00 Brain Games with Rose		30 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		31 8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Stretch & Rhythm Activities 11:45 Halloween Party 12:10 Witches & Vampire Workout 12:30 Lunch 1:00 Classic Bingo 2:00 Live Music w/ Mike Kauffman 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Late Day Mind Exercise	

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