Monday	Tuesday		Wednesday		Thursday		Friday	
1	8:30 Coffee & Friends	2	8:30 Coffee & Friends	3	8:30 Coffee & Friends	1	8:30 Coffee & Friends	5
· ·	9:30 Maintain the Brain	_	9:30 Brain Challenge	J	10:00 Arts & Craft Hour	4	9:30 Brain Challenge	9
	10:30 Sing-along		10:30 Sing-along		11:00 Morning Walk		10:30 Sing-along	
CENTER	11:45 The word of the Day		11:45 The word of the Day		11:45 The word of the Day		11:45 The word of the Day	
CLOSED	12:10 Golden Glory Workout		12:10 Chair Fitness		12:10 Wise Moves Exercise		12:10 Wise Moves Exercise	
CLOSED	12:30 Lunch		12:30 Lunch		12:30 Lunch		12:30 Lunch	
	1:00 Classic Bingo		1:00 Classic Bingo		1:00 Classic Bingo		1:00 Classic Bingo	
Happy Labor Day	2:00 Game Time		2:00 Live Music w/ Tom Applegate		2:00 Let's Keep moving		2:00 Game Time	
Happy Labor Day	3:00 Snack & Daily Chronicles		3:00 Snack & Daily Chronicles		3:00 Snack & Daily Chronicles		3:00 Snack & Daily Chronicles	
	3:30 Did you know that?		3:30 Trivia Time		3:30 Trivia Time		3:30 Word Games	
	4:00 Brain Games with Becky		4:00 Brain Games with Robert		4:00 Afternoon Brain Teaser		4:00 Afternoon Brain Teaser	
8:30 Coffee & Friends	8:30 Coffee & Friends	9	8:30 Coffee & Friends	10	8:30 Coffee & Friends	11	8:30 Coffee & Friends	12
10:00 Bring the Artist out in You	9:30 Maintain the Brain	-	9:30 Brain Challenge		9:30 Bring the Artist out in You		9:30 Maintain the Brain	
11:00 Morning walk	10:30 Table Orchestra		10:30 Sing-along		10:30 Rhythm Activities		11:00 Morning Stretch & Walk	
11:45 The word of the Day	11:45 The word of the Day		11:45 The word of the Day		11:45 The word of the Day		11:15 The word of the Day	
12:10 Glory Days Fitness	12:10 Chair Fitness		12:10 Chair Fitness		12:10 Sit & Be Fit		11:30 Call & Echo w/ F. Fitness	
12:30 Lunch	12:30 Lunch		12:30 Lunch		12:30 Lunch		12:30 Lunch	
1:00 Classic Bingo	1:00 Classic Bingo		1:00 Classic Bingo		1:00 Classic Bingo 2:00 Game Time		1:00 Classic Bingo	
2:00 Zumba Gold w/ Foresight Fit. 3:00 Snack & Daily Chronicles	2:00 Let's Keep Moving 3:00 Snack & Daily Chronicles		2:00 Interactive Music with Rosana 3:00 Snack & Daily Chronicles		3:00 Game Time 3:00 Snack & Daily Chronicles		2:00 Game Time 3:00 Snack & Daily Chronicles	
3:15 Trivia Time	3:30 Word Games		3:30 Did you know that?		3:30 Word Games		3:30 Word Games	
4:00 End of Day Brain Challenge	4:00 End of Day Brain Challenge		4:00 Late Day Mind Games		4:00 Brain Games with Regina		4:00 Late Day Mind Exercise	
8:30 Coffee & Friends	9:20 Coffee & Friends		9:20 Coffee & Friends		ÿ		9:20 Coffee & Friends	
10:00 Bring the Artist out in You	8:30 Coffee & Friends 9:30 Maintain the Brain	16	8:30 Coffee & Friends 9:30 Maintain the Brain		8:30 Coffee & Friends	18	8:30 Coffee & Friends 9:30 Brain Challenge	19
11:00 Sing-Along	11:00 Morning walk		11:00 Table Orchestra		9:30 Let's Be Creative 10:30 Morning Trivia		10:30 Sing-along	
11:45 The word of the Day	11:45 The word of the Day		11:45 The word of the Day		11:45 The word of the Day		11:45 The word of the Day	
12:10 Glory Days Fitness	12:10 Sit & Be Fit		12:10 Wise Moves Exercise		12:10 Wise Moves Exercise		12:10 Wise Moves Exercise	
12:30 Lunch	12:30 Lunch		12:30 Lunch		12:30 Lunch		12:30 Lunch	
1:00 Classic Bingo	1:00 Classic Bingo		1:00 Classic Bingo		1:00 Classic Bingo		1:00 Classic Bingo	
2:00 Zumba Gold w/ Foresight Fit.	2:00 Let's Get Moving		2:00 Live Music w/ Tom Applegate		2:00 Learn to Dance with Julieta		2:00 Let's Get Moving	
3:00 Snack & Daily Chronicles	3:00 Snack & Daily Chronicles		3:00 Snack & Daily Chronicles		3:00 Snack & Daily Chronicles		3:00 Snack & Daily Chronicles	
3:15 Trivia Time	3:15 Trivia Time		3:30 Trivia Time		3:30 Trivia Time		3:30 Word Games	
4:00 Afternoon Brain Teaser	4:00 Brain Games with Becky		4:00 End of Day Brain Challenge		4:00 End of Day Brain Challenge		4:00 Brain Games with Robert	
8:30 Coffee & Friends	8:30 Coffee & Friends	22	8:30 Coffee & Friends	2.4	8:30 Coffee & Friends	25	8:30 Coffee & Friends	26
10:00 Arts & Craft Hour	9:30 Brain Challenge	23	9:30 Brain Challenge	24	9:30 Let's Be Creative	25	9:30 Brain Challenge	20
11:00 Morning walk	10:30 Sing-along		10:30 Sing-along		10:30 Morning Walk		10:30 Sing-along	
11:45 The word of the Day	11:45 The word of the Day		11:45 The word of the Day		11:45 The word of the Day		11:45 The word of the Day	
12:10 Golden Glory Workout	12:10 Chair Fitness		12:10 Chair Fitness		12:10 Sit & Be Fit		12:10 Golden Glory Workout	
12:30 Lunch	12:30 Lunch		12:30 Lunch		12:30 Lunch		12:30 Lunch	
1:00 Classic Bingo	1:00 Classic Bingo		1:00 Classic Bingo		1:00 Classic Bingo		1:00 Classic Bingo	
2:00 The Joy Jam w/ F. Fitness	2:00 Drum Circle with Julieta		2:00 Let's Keep Moving		2:00 Game Time		2:00 Live Music with Lisa Noe	
3:00 Snack & Daily Chronicles	3:00 Snack & Daily Chronicles		3:00 Snack & Daily Chronicles		3:00 Snack & Daily Chronicles		3:00 Snack & Daily Chronicles	
3:30 Word Games	3:30 Word Games		3:30 Trivia Time		3:30 Word Games		3:30 Word Games	
4:00 Brain Games with Robert	4:00 End of Day Brain Challenge		4:00 Brain Games with Robert		4:00 Brain Games with Regina		4:00 Late Day Mind Exercise	
8:30 Coffee & Friends 29	8:30 Coffee & Friends	30						
10:00 Bring the Artist out in You	10:30 Pampering Nail Worning		COM .					(SDE)
11:00 Morning walk	10:30 Table Orchestra				-			Mar.
11:45 The word of the Day	11:45 The word of the Day			L				"
12:10 Glory Days Fitness	12:10 Chair Fitness		LALANI		AMINAN		'J()'J L	
12:30 Lunch	12:30 Lunch						LULDI	
1:00 Classic Bingo	1:00 Classic Bingo							
2:00 Movement Matters w/ Foresight					A 1 1 T			
3:00 Snack & Daily Chronicles	3:00 Snack & Daily Chronicles		Sea Rre	2	eze Adult D	2	v ('enter	
3:15 Trivia Time 4:00 Afternoon Brain Teaser	3:30 Word Games 4:00 End of Day Brain Challenge		Val Dica Dic		ember eze Adult D	a		
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