Monday	Tuesday	Wednesday	Thursday	Friday
8:30 Coffee & Friends	▲ 8:30 Coffee & Friends	2 8:30 Coffee & Friends	3 8:30 Coffee & Friends	8:30 Coffee & Friends 5
9:30 Maintain the Brain	9:30 Maintain the Brain	9:30 Let's Be Creative	9.50 Maintain the Brain	9:30 Let's Be Creative
10:30 Morning walk	10:30 Sing-along	10:30 Morning Walk	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 Chair Fitness	12:10 Sit & Be Fit	12:10 Sit & Be Fit	12:10 Chair Exercise	12:10 Sit & Be Fit
12:30 Easter/Spring Luncheon	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 Game Time	2:00 Game Time	2:00 Zumba w/ Foresight Fitness	2:00 Let's Get Moving	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
3:30 Did you know that?	3:30 Trivia Time	3:30 Word Games	3:30 Trivia Time	3:30 Word Games
4:00 Afternoon Brain Teaser	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 1	8:30 Coffee & Friends 12
9:30 Maintain the Brain	• 9:30 Maintain the Brain	9:30 Maintain the Brain	9:30 Let's Be Creative	9:30 Maintain the Brain
10:30 Morning walk	10:30 Sing-along	10:30 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 Sit & Be Fit	12:10 Chair Fitness	12:10 Sit & Be Fit	12:10 Sit & Be Fit	12:10 Chair 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	1:00 Classic Bingo
2:00 Let's Get Moving	2:00 Let's Get Moving	2:00 Game Time	2:00 Let's Get Moving	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 Trivia Time	3:30 Word Games	3:30 Trivia Time	3:15 Word Games
4:00 Brain Games with Robert	4:00 Brain Games with Becky	4:00 Afternoon Brain Teaser	4:00 Brain Games with Becky	4:00 End of Day Brain Challenge
9:30 Maintain the Brain	9:30 Maintain the Brain	16 8:30 Coffee & Friends	17 9:30 Maintain the Brain	8:30 Coffee & Friends 19 9:30 Let's Be Creative
	10:30 Sing-along	9:30 Maintain the Brain	10:30 Sing-along	10:30 Sing-along
10:30 Morning walk 11:45 The word of the Day	11:45 The word of the Day	10:30 Let's be Creative	11:45 The word of the Day	11:45 The word of the Day
12:10 Chair Fitness	12:10 Golden Glory Workout	11:45 The word of the Day	12:10 Sit & Be Fit	12:10 Sit & Be Fit
12:30 Lunch	12:30 Lunch	12:10 Wise Moves Exercise	12:30 Lunch	12:30 Lunch
1:00 Classic Bingo	1:00 Classic Bingo	12:30 Lunch	1:00 Classic Bingo	1:00 Classic Bingo
2:00 Game Time	2:00 Zumba w/ Foresight Fitness	1:00 Classic Bingo	5	2:00 Drumming with Lily
3:00 Snack & Daily Chronicles	3:00 Snack & Daily Chronicles	2:00 Let's Get Moving	2:00 Laughter Yoga w/ Maria Pepe 3:00 Snack & Daily Chronicles	3:00 Snack & Daily Chronicles
3:15 Trivia Time	3:30 Trivia Time	3:00 Snack & Daily Chronicles	3:30 Trivia Time	3:30 Word Games
4:00 Afternoon Brain Teaser	4:00 Brain Games with Becky	3:30 Word Games	4:00 Brain Games with Becky	4:00 Afternoon Brain Teaser
4.00 Alternoon Brain Teaser	4.00 Drain Games with becky	4:00 Brain Games with Robert	4.00 Brain Games with Becky	
8:30 Coffee & Friends 2	2 8:30 Coffee & Friends	23 8:30 Coffee & Friends	24 8:30 Coffee & Friends 2	8:30 Coffee & Friends 26
9:30 Maintain the Brain	9:30 Maintain the Brain	9:30 Maintain the Brain	9:30 Maintain the Brain	9:30 Maintain the Brain
10:30 Morning walk	10:30 Sing-along	10:30 Let's be Creative	10:30 Sing-along	10:30 Morning 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	11:45 The word of the Day
12:10 Chair Fitness 12:30 Lunch	12:10 Sit & Be Fit	12:10 Sit & Be Fit	12:10 Sit & Be Fit 12:30 Lunch	12:10 Golden Glory Workout
	12:30 Lunch 1:00 Classic Bingo	12:30 Lunch		12:30 Lunch
1:00 Classic Bingo	0	1:00 Classic Bingo	1:00 Classic Bingo	1:00 Classic Bingo
2:00 Let's Get Moving 3:00 Snack	2:00 Game Time	2:00 Game Time	2:00 Live music w/ Bill Montgomery	2:00 Birds of Prey by the Narrows
	3:00 Snack & Daily Chronicles	3:00 Snack & Daily Chronicles	3:00 Snack & Daily Chronicles	3:00 Snack & Daily Chronicles
3:15 Armchair Travel to the Amazon		3:30 Word Games 4:00 Afternoon Brain Teaser	3:30 Trivia Time	3:30 Word Games 4:00 Brain Games with Robert
4:00 Afternoon Brain Teaser 8:30 Coffee & Friends	4:00 Brain Games with Becky 8:30 Coffee & Friends		4:00 Brain Games with Becky	4.00 Brain Games with Robert
9:30 Maintain the Brain		30		
	9:30 Maintain the Brain 10:30 Sing-along			NG I I
10:30 Morning walk 11:45 The word of the Day				
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12:10 Chair Fitness 12:30 Lunch	12:10 Sit & Be Fit 12:30 Lunch		$\Delta nru 202$	
1:00 Classic Bingo	1:00 Classic Bingo		April 202 reeze Adult Da	
2:00 Movement Matters w/ Foresigh				
3:00 Snack & Daily Chronicles	3:00 Snack & Daily Chronicles	R	reeze Adult Da	u onter
3:30 Did you know that?	3:30 Trivia Time			
4:00 Afternoon Brain Teaser	4:00 Brain Games with Becky			

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