

Monday	Tuesday	Wednesday	Thursday	Friday
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 <b>2:00 Zumba Gold w/ Foresight Fit.</b> 3:00 Snack & Daily Chronicles 3:15 Trivia Time 4:00 End of Day Brain Challenge	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 Regina	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 <b>2:00 Live Music w/ Tom Applegate</b> 3:00 Snack & Daily Chronicles 3:30 Did you know that? 4:00 Late Day Mind Games	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	8:30 Coffee & Friends 10:30 Maintain the Brain 11:00 Sing-along 11:15 The word of the Day <b>11:30 Call &amp; Echo w/ F. Fitness</b> 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
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 Game Time 3:00 Snack & Daily Chronicles 3:15 Trivia Time 4:00 Afternoon Brain Teaser	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 Let's Get Moving 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 End of Day Brain Challenge	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 Let's Get Moving 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 Brain Games with Rose	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 <b>2:00 Drum Circle w/ Lily</b> 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 Afternoon Brain Teaser	8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Stretch & Rhythm Activities 11:45 The word of the Day 12:10 Wise Moves Exercise 12:30 Lunch 1:00 Classic Bingo <b>2:00 Interactive Music w/ Rosana</b> 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Late Day Mind Exercise
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 <b>2:00 Movement Matters w/ Foresight</b> 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Robert	8:30 Coffee & Friends <b>10:00 Pampering Nail Morning</b> 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 Late Day Mind Games	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 <b>2:00 Live Music w/ Tom Applegate</b> 3:00 Snack & Daily Chronicles 3:30 Did you know that? 4:00 Late Day Mind Games	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 Let's Get Moving 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Regina	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 <b>2:00 Help Santa Save Christmas!</b> 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Robert
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 <b>2:00 Live Music w/ Mike Kauffman</b> 3:00 Snack & Daily Chronicles 3:15 Trivia Time 4:00 Late Day Mind Games	8:30 Coffee & Friends 9:30 Maintain the Brain <b>10:30 Santa is in Town</b> 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	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 <b>12:30 Holiday Luncheon</b> 1:00 Classic Bingo <b>2:00 Holiday Celebration</b> 3:00 Snack & Daily Chronicles 3:30 Trivia Time <b>4:00 CENTER CLOSES</b>	<div>CENTER CLOSED</div> <div>Merry Christmas</div>	
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 Game Time 3:00 Snack & Daily Chronicles 3:15 Trivia Time 4:00 Afternoon Brain Teaser	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 Late Day Mind Games	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 <b>12:30 New Year's Luncheon</b> 1:00 Classic Bingo <b>2:00 New Year's Celebration</b> 3:00 Snack & Daily Chronicles 3:30 Trivia Time <b>4:00 CENTER CLOSES</b>		

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