

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 Coffee & Friends 9:30 Brain Challenge 10:30 Morning walk 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 Afternoon Brain Teaser	1 8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Sing-along 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 3:30 Trivia Time 4:00 Brain Games with Becky	3 8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Let's be Creative 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/ Margaret 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Robert	4 CENTER IS CLOSED FOR INDEPENDENCE DAY	5 8:30 Coffee & Friends 9:30 Let's Be Creative 10:30 Sing-along 11:45 The word of the Day 12:10 Golden Days Workout 12:30 Lunch 1:00 Classic Bingo 2:00 Drumming with Sharon 3:00 Snack & Daily Chronicles 3:30 Learn Something New 4:00 Afternoon Brain Teaser
8 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 Interactive Music w/ Rosana 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Robert	9 8:30 Coffee & Friends 9:30 Let's be Creative 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 Keep Moving 3:00 Snack & Daily Chronicles 3:30 Learn Something New 4:00 Brain Games with Becky	10 8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Sing-along 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 Did you Know That? 4:00 Afternoon Brain Teaser	11 8:30 Coffee & Friends 9:30 Let's Be Creative 10:30 Morning Trivia 11:45 The word of the Day 12:10 Sit & Be Fit 12:30 Lunch 1:00 Classic Bingo 2:00 Zumba Gold w/ Foresight 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 Brain Games with Becky	12 8:30 Coffee & Friends 9:30 Maintain the Brain 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 2:45 Snack & Daily Chronicles 3:15 Word Games 4:00 End of Day Brain Challenge
15 8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Morning walk 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 3:15 Trivia Time 4:00 Afternoon Brain Teaser	16 8:30 Coffee & Friends 9:30 Brain Challenge 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 Let's Keep Moving 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 Brain Games with Becky	17 8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Let's be Creative 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 Brain Games with Robert	18 8:30 Coffee & Friends 9:30 Let's Be Creative 10:30 Morning Trivia 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 Learn Something New 4:00 Brain Games with Becky	19 8:30 Coffee & Friends 9:30 Let's Be Creative 10:30 Sing-along 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 Afternoon Brain Teaser
22 8:30 Coffee & Friends 9:30 Bring the Artist out in You 10:30 Let's be Creative 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 Learn Something New 4:00 Brain Games with Robert	23 8:30 Coffee & Friends 9:30 Maintain the Brain 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 Becky	24 8:30 Coffee & Friends 9:30 Brain Challenge 10:30 Sing-along 11:45 The word of the Day 12:10 Golden Days Workout 12:30 Lunch 1:00 Classic Bingo 2:00 Zumba Gold w/ Foresight 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Afternoon Brain Teaser	25 8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Morning Trivia 11:45 The word of the Day 12:10 Chair Exercise 12:30 Lunch 1:00 Classic Bingo 2:00 Laughter Yoga with Maria Pepe 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 Afternoon Brain Teaser	26 8:30 Coffee & Friends 9:30 Bring out the Artist in You 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 Armchair Travel to Venezuela 3:15 Word Games 4:00 End of Day Brain Challenge
29 8:30 Coffee & Friends 9:30 Brain Challenge 10:30 Let's be Creative 11:45 The word of the Day 12:10 Wise Moves Exercise 12:30 Lunch 1:00 Classic Bingo 2:00 Movement Matters by Foresight 3:00 Snack & Daily Chronicles 3:30 Learn Something New 4:00 Brain Games with Robert	30 8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Sing-along 11:45 The word of the Day 12:10 Golden Days 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	31 8:30 Coffee & Friends 9:30 Maintain the Brain 10:30 Let's be Creative 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 Word Games 4:00 Brain Games with Robert		

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