Monday	Tuesday		Wednesday		Thursday	Friday
8:30 Coffee & Friends 9:30 Brain Challenge	8:30 Coffee & Friends 9:30 Maintain the Brain	2	8:30 Coffee & Friends 9:30 Maintain the Brain	3	4	8:30 Coffee & Friends 9:30 Let's Be Creative
10:30 Morning walk	10:30 Sing-along		10:30 Let's be Creative			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		CENTER IS	11:45 The word of the Day
12:10 Chair Fitness	12:10 Sit & Be Fit		12:10 Wise Moves Exercise			12:10 Golden Days Workout
12:30 Lunch	12:30 Lunch		12:30 Independence Day Lunche	on	CLOSED	12:30 Lunch
1:00 Classic Bingo	1:00 Classic Bingo		1:00 Classic Bingo	,011	FOR	1:00 Classic Bingo
2:00 Game Time	2:00 Let's Keep Moving		2:00 Patriotic sing-along w/ Mar	naret	_	2:00 Drumming with Sharon
3:00 Snack & Daily Chronicles	3:00 Snack & Daily Chronicles		3:00 Snack & Daily Chronicles	gu. ot	INDEPENDENCE DAY	3:00 Snack & Daily Chronicles
3:30 Did you know that?	3:30 Trivia Time		3:30 Word Games			3:30 Learn Something New
4:00 Afternoon Brain Teaser	4:00 Brain Games with Becky		4:00 Brain Games with Robert			4:00 Afternoon Brain Teaser
8:30 Coffee & Friends	8:30 Coffee & Friends	٥	8:30 Coffee & Friends	10	8:30 Coffee & Friends 11	8:30 Coffee & Friends 12
9:30 Maintain the Brain	9:30 Let's be Creative		9:30 Maintain the Brain	10	9:30 Let's Be Creative	9:30 Maintain the Brain
10:30 Morning walk	10:30 Sing-along		10:30 Sing-along		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 Interactive Music w/ Rosana	2:00 Let's Keep Moving		2:00 Game Time		2:00 Zumba Gold w/ Foresight	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	2:45 Snack & Daily Chronicles
3:30 Word Games	3:30 Learn Something New		3:30 Did you Know That?		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
8:30 Coffee & Friends 15	8:30 Coffee & Friends	16	8:30 Coffee & Friends	17	8:30 Coffee & Friends	8:30 Coffee & Friends 19
9:30 Maintain the Brain	9:30 Brain Challenge	. •	9:30 Maintain the Brain	• •	9:30 Let's Be Creative	9:30 Let's Be Creative
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 Chair Fitness	12:10 Golden Glory Workout		12:10 Wise Moves Exercise		12:10 Chair Fitness	12:10 Sit & Be Fit
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 Game Time	2:00 Let's Keep 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
3:15 Trivia Time	3:30 Trivia Time		3:30 Word Games		3:30 Learn Something New	3:30 Word Games
4:00 Afternoon Brain Teaser	4:00 Brain Games with Becky	-	4:00 Brain Games with Robert		4:00 Brain Games with Becky	4:00 Afternoon Brain Teaser
8:30 Coffee & Friends 22	8:30 Coffee & Friends	23	8:30 Coffee & Friends	24	8:30 Coffee & Friends 25	8:30 Coffee & Friends 26
9:30 Bring the Artist out in You	9:30 Maintain the Brain	_	9:30 Brain Challenge		9:30 Maintain the Brain	9:30 Bring out the Artist in You
10:30 Let's be Creative	10:30 Sing-along		10:30 Sing-along		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 Wise Moves Exercise	12:10 Chair Fitness		12:10 Golden Days Workout 12:30 Lunch		12:10 Chair Exercise 12:30 Lunch	12:10 Chair Fitness 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 Zumba Gold w/ Foresight		2:00 Laughter Yoga with Maria Pepe	2:00 Game Time
2:00 Let's Keep Moving	3:00 Same Time 3:00 Snack & Daily Chronicles		3:00 Snack & Daily Chronicles		3:00 Snack & Daily Chronicles	3:00 Armchair Travel to Venezuela
3:00 Snack & Daily Chronicles	3:30 Trivia Time		3:30 Word Games		3:30 Trivia Time	3:15 Word Games
3:30 Learn Something New	4:00 Brain Games with Becky		4:00 Afternoon Brain Teaser		4:00 Afternoon Brain Teaser	4:00 End of Day Brain Challenge
4:00 Brain Games with Robert 8:30 Coffee & Friends	8:30 Coffee & Friends		8:30 Coffee & Friends	24		4:00 End of Buy Brain Ghallenge
	9:30 Maintain the Brain			31		
9:30 Brain Challenge	10:30 Sing-along		9:30 Maintain the Brain 10:30 Let's be Creative			
10:30 Let's be Creative 11:45 The word of the Day	11:45 The word of the Day					
12:10 Wise Moves Exercise	12:10 Golden Days Workout		11:45 The word of the Day 12:10 Wise Moves Exercise			2024
12:30 Lunch	12:30 Lunch		12:10 Wise Moves Exercise 12:30 Lunch			
1:00 Classic Bingo	1:00 Classic Bingo		1:00 Classic Bingo		SESPORT UCCC	LUL TITOL
2:00 Movement Matters by Foresight	0.00.0		2:00 Let's Keep Moving			910
3:00 Snack & Daily Chronicles	3:00 Snack & Daily Chronicles		3:00 Snack & Daily Chronicles		Duage A	Inly Day Card
3:30 Learn Something New	3:30 Did you know that?		3:30 Word Games		Dea Dreeze Ao	2024 Solult Day Centers
4:00 Brain Games with Robert	4:00 Brain Games with Becky		4:00 Brain Games with Robert		A II Washington	