

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 2:00 Zumba Gold w/ Foresight Fit. 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 2:00 Live Music w/ Tom Applegate 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 11:30 Call & Echo w/ F. Fitness 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 Veteran's Day Celebration 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 Live music with Lisa Noe 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 2:00 Drum Circle w/ Eloisa 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 2:00 Game Time 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 2:00 Movement Matters w/ Foresight 3:00 Snack & Daily Chronicles 3:30 Word Games 4:00 Brain Games with Robert	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 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 2:00 Live Music w/ Tom Applegate 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 2:00 The Joy Jam w/ Foresight Fit. 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 2:00 Let's Get Moving 3:00 Snack & Daily Chronicles 3:15 Trivia Time 4:00 Afternoon Brain Teaser	8:30 Coffee & Friends 9:30 Pampering Nail Morning 11:10 Stretch & Table Orchestra 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 12:30 Thanksgiving Luncheon 1:00 Classic Bingo 2:00 Thanksgiving Activities 3:00 Snack & Daily Chronicles 3:30 Trivia Time 4:00 End of Day Brain Challenge	CENTER CLOSED HAPPY THANKGIVING	CENTER CLOSED HAPPY SHOPPING



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