

Monday

Tuesday

Wednesday

Thursday

Friday



8:30 Coffee & Friends **1**
 9:30 Maintain the Brain
 10:30 Tabletop Activities
 12:00 Zumba Time
 12:40 Lunch
 1:00 Classic Bingo
 2:00 Let's Get Moving
 3:00 Snack & Daily Chronicles
 3:45 Wisdom Wednesday

8:30 Coffee & Friends **2**
 9:30 Maintain the Brain
 10:30 Tabletop Activities
 12:00 Fit & Strong
 12:40 Lunch
 1:00 Classic Bingo
 2:00 Let's Get Moving
 3:00 Snack & Daily Chronicles
 3:45 Trivia Time

8:30 Coffee & Friends **3**
 9:30 Maintain the Brain
 10:30 Let's be Creative
 12:00 Chair Fitness
 12:40 Lunch
 1:00 Classic Bingo
 2:00 Ten Pin Lanes
 3:00 Snack & Daily Chronicles
 3:45 Trivia Time

8:30 Coffee & Friends **6**
 9:30 Maintain the Brain
 10:30 Tabletop Activities
 12:00 Daily Fitness
 12:40 Lunch
 1:00 Classic Bingo
 2:00 Tn Pin Lanes
 3:00 Snack & Daily Chronicles
 3:45 Brainteasers with Carol

8:30 Coffee & Friends **7**
 9:30 Maintain the Brain
 10:30 Let's be Creative
 12:00 Chair Fitness
 12:40 Lunch
 1:00 Classic Bingo
 2:00 Let's Get Moving
 3:00 Snack & Daily Chronicles
 3:45 Word Games

8:30 Coffee & Friends **8**
 9:30 Maintain the Brain
 10:30 Tabletop Activities
 12:00 Zumba Time
 12:40 Lunch
 1:00 Classic Bingo
 2:00 Let's Get Moving
 3:00 Snack & Daily Chronicles
 3:45 Wisdom Wednesday

8:30 Coffee & Friends **9**
 9:30 Maintain the Brain
 10:30 Art & Craft
 12:00 Fit & Strong
 12:40 Lunch
 1:00 Classic Bingo
 2:00 Let's Get Moving
 3:00 Snack & Daily Chronicles
 3:45 Word Games

8:30 Coffee & Friends **10**
 9:30 Maintain the Brain
 10:30 Tabletop Activities
 12:00 Zumba Time
 12:40 Lunch
 1:00 Classic Bingo
 2:00 Let's Get Moving
 3:00 Snack & Daily Chronicles
 3:45 Learn Something New

8:30 Coffee & Friends **13**
 9:30 Maintain the Brain
 10:30 Tabletop Activities
 12:00 Zumba Time
 12:40 Lunch
 1:00 Classic Bingo
 2:00 Let's Get Moving
 3:00 Snack & Daily Chronicles
 3:45 Learn Something New

8:30 Coffee & Friends **14**
 9:30 Maintain the Brain
 10:30 Tabletop Activities
 12:00 Zumba Time
 12:40 Lunch
 1:00 Classic Bingo
 2:00 Musical Fun
 3:00 Snack & Daily Chronicles
 3:45 Learn Something New

8:30 Coffee & Friends **15**
 9:30 Maintain the Brain
 10:30 Tabletop Activities
 12:00 Zumba Time
 12:40 Lunch
 1:00 Classic Bingo
2:00 Live music w/ Lisa Noe
 3:00 Snack & Daily Chronicles
 3:45 Wisdom Wednesday

8:30 Coffee & Friends **16**
 9:30 Maintain the Brain
 10:30 Tabletop Activities
 12:00 Fit & Strong
 12:40 Lunch
 1:00 Classic Bingo
 2:00 Ten Pin Lanes
 3:00 Snack & Daily Chronicles
 3:45 Trivia Time

8:30 Coffee & Friends **17**
 9:30 Maintain the Brain
 10:30 Arts & Craft
 12:00 Zumba Time
 12:40 Lunch
 1:00 Classic Bingo
 2:00 Let's Get Moving
 3:00 Snack & Daily Chronicles
 3:45 Learn Something New

8:30 Coffee & Friends **20**
 9:30 Maintain the Brain
 10:30 Tabletop Activities
 12:00 Zumba Time
 12:40 Lunch
 1:00 Classic Bingo
 2:00 **Laughter for Health**
 3:00 Snack & Daily Chronicles
 3:45 Did you know that ...

8:30 Coffee & Friends **21**
 9:30 Maintain the Brain
 10:30 Let's be Creative
 12:00 Chair Fitness
 12:40 Lunch
 1:00 Classic Bingo
 2:00 Let's Get Moving
 3:00 Snack & Daily Chronicles
 3:45 Trivia Time

8:30 Coffee & Friends **22**
 9:30 Maintain the Brain
 10:30 Tabletop Activities
 12:00 Zumba Time
 12:40 Lunch
 1:00 Classic Bingo
2:00 Holiday Piano Concert
 3:00 Snack & Daily Chronicles
 3:45 Wisdom Wednesday

8:30 Coffee & Friends **23**
 9:30 Maintain the Brain
 10:30 Art & Craft
 12:00 Fit & Strong
 12:40 Lunch
 1:00 Classic Bingo
 2:00 Let's Get Moving
 3:00 Snack & Daily Chronicles
 3:45 Word Games

8:30 Coffee & Friends **24**
 9:30 Maintain the Brain
 10:30 Arts & Craft
 12:00 Zumba Time
12:40 Holiday Luncheon
 1:00 Classic Bingo
2:00 Holiday Activities
 3:00 Snack & Daily Chronicles
 3:45 Word Games

8:30 Coffee & Friends **27**
 9:30 Maintain the Brain
 10:30 Let's be Creative
 12:00 Chair Fitness
 12:40 Lunch
 1:00 Classic Bingo
 2:00 Let's Get Moving
 3:00 Snack & Daily Chronicles
 3:45 Trivia Time

8:30 Coffee & Friends **28**
 9:30 Maintain the Brain
 10:30 Tabletop Activities
 12:00 Fit & Strong
 12:40 Lunch
 1:00 Classic Bingo
 2:00 Let's Get Moving
 3:00 Snack & Daily Chronicles
 3:45 Did you know that

8:30 Coffee & Friends **29**
 9:30 Maintain the Brain
 10:30 Tabletop Activities
 12:00 Zumba Time
 12:40 Lunch
 1:00 Classic Bingo
 2:00 Let's Get Moving
 3:00 Snack & Daily Chronicles
 3:45 Wisdom Wednesday

8:30 Coffee & Friends **30**
 9:30 Maintain the Brain
 10:30 Tabletop Activities
 12:00 Zumba Time
 12:40 Lunch
 1:00 Classic Bingo
 2:00 Musical Fun
 3:00 Snack & Daily Chronicles
 3:45 Learn Something New

8:30 Coffee & Friends **31**
 9:30 Maintain the Brain
 10:30 Arts & Craft
 12:00 Zumba Time
12:40 New Year's Luncheon
 1:00 Classic Bingo
2:00 New Year's Games
 3:00 Snack & Daily Chronicles
4:00 Center Closes Early

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