

Monday

Tuesday

Wednesday

Thursday

Friday



<p>8:30 Coffee &amp; 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 &amp; Daily Chronicles 3:30 Did you know that? 4:00 Afternoon Brain Teaser</p>	<p>8:30 Coffee &amp; Friends 9:30 Maintain the Brain 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 Game Time 3:00 Snack &amp; Daily Chronicles 3:30 Trivia Time 4:00 Brain Games with Becky</p>	<p>8:30 Coffee &amp; Friends 9:30 Maintain the Brain 10:30 Morning Trivia 11:45 Rhythm Activities 12:10 Sit &amp; Be Fit 12:30 Lunch 1:00 Classic Bingo 2:00 Let's Keep Moving 3:00 Snack &amp; Daily Chronicles 3:30 Word Games 4:00 Afternoon Brain Teaser</p>	<p>8:30 Coffee &amp; Friends 9:30 Let's Be Creative 10:30 Morning Walk 11:45 The word of the Day 12:10 Wise Moves Exercise 12:30 Lunch 1:00 Classic Bingo <b>2:00 Zumba Gold w/ Foresight Fit.</b> 3:00 Snack &amp; Daily Chronicles 3:30 Trivia Time 4:00 Afternoon Brain Teaser</p>	<p>8:30 Coffee &amp; 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 <b>Interactive Music with Rosana</b> 3:00 Snack &amp; Daily Chronicles 3:30 Did you Know that? 4:00 End of Day Brain Challenge</p>
<p>8:30 Coffee &amp; Friends 9:30 Bring the Artist out in You 10:30 Morning walk 11:45 The word of the Day 12:10 Chair Fitness 12:30 Lunch 1:00 Classic Bingo 2:00 <b>Veteran's Day Celebration</b> 3:00 Snack &amp; Daily Chronicles 3:15 Trivia Time 4:00 Afternoon Brain Teaser</p>	<p>8:30 Coffee &amp; Friends 9:30 Let's be Creative 10:30 Table Orchestra 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 &amp; Daily Chronicles 3:30 Trivia Time 4:00 Brain Games with Becky</p>	<p>8:30 Coffee &amp; Friends 9:30 Maintain the Brain 10:30 Sing-along 11:45 The word of the Day 12:10 Sit &amp; Be Fit 12:30 Lunch 1:00 Classic Bingo <b>2:00 Movement Matters w/ Foresight</b> 3:00 Snack &amp; Daily Chronicles 3:30 Word Games 4:00 Afternoon Brain Teaser</p>	<p>8:30 Coffee &amp; Friends 9:30 Let's Be Creative 10:30 Morning Walk 11:45 The word of the Day 12:10 Sit &amp; Be Fit 12:30 Lunch 1:00 Classic Bingo 2:00 Game Time 3:00 Snack &amp; Daily Chronicles 3:30 Word Games 4:00 Brain Games with Becky</p>	<p>8:30 Coffee &amp; 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 Drumming with Regina 2:45 Snack &amp; Daily Chronicles 3:15 Did you Know that? 4:00 Late Day Mind Games</p>
<p>8:30 Coffee &amp; Friends 9:30 Maintain the Brain 10:30 Morning walk 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 &amp; Daily Chronicles 3:30 Word Games 4:00 Brain Games with Robert</p>	<p>8:30 Coffee &amp; Friends 9:30 Let's Be Creative 10:30 Morning Walk 11:45 The word of the Day 12:10 Sit &amp; Be Fit 12:30 Lunch 1:00 Classic Bingo 2:00 Game Time 3:00 Snack <b>3:15 Armchair Travel to Nepal</b> 4:00 Brain Games with Becky</p>	<p>8:30 Coffee &amp; 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 <b>2:00 Live music w/ Diane H.</b> 3:00 Snack &amp; Daily Chronicles 3:30 Word Games 4:00 Late Day Mind Games</p>	<p>8:30 Coffee &amp; 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 <b>Laughter Yoga w/ Maria Pepe</b> 3:00 Snack &amp; Daily Chronicles 3:30 Trivia Time 4:00 End of Day Brain Challenge</p>	<p>8:30 Coffee &amp; Friends 9:30 Let's Be Creative 10:30 Rhythm Activities 11:45 The word of the Day 12:10 Sit &amp; Be Fit 12:30 Lunch 1:00 Classic Bingo 2:00 Game Time 3:00 Snack <b>3:00 Armchair Travel to Nepal</b> 4:00 Afternoon Brain Teaser</p>
<p>8:30 Coffee &amp; 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 <b>2:00 Movement Matters w/ Foresight</b> 3:00 Snack &amp; Daily Chronicles 3:30 Did you know that? 4:00 Afternoon Brain Teaser</p>	<p>8:30 Coffee &amp; Friends 9:30 Let's be Creative 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 &amp; Daily Chronicles 3:30 Trivia Time 4:00 Late Day Mind Games</p>	<p>8:30 Coffee &amp; Friends 9:30 Strength exercise for your Mind 10:30 Morning Trivia 11:45 The word of the Day 12:10 Sit &amp; Be Fit 12:30 <b>Thanksgiving Luncheon</b> 1:00 Classic Bingo 2:00 Let's Keep Moving 3:00 Snack &amp; Daily Chronicles 3:30 Word Games 4:00 Late Day Mind Games</p>	<p><b>CENTER CLOSED</b>  <b>HAPPY THANKSGIVING</b></p>	<p><b>CENTER CLOSED</b>  <b>HAPPY SHOPPING</b></p>

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