



SENIOR CLUB DAILY SCHEDULE

8:00 am	BREAKFAST CLUB
8:30 am	BABY VISITS IN FAMILY ROOM
9:00 am	SMALL GROUP ACTIVITIES & SNACKS
10:00 am	EXERCISE CLASS
10:30 am	INTERGENERATIONAL ACTIVITY OR SPECIALTY SMALL GROUPS Mon – Art Time. Tue – Spanish Art & Music Wed – All Center IG Thu – Personal Exercise Fri – Spanish Club
11:30 am	TRIVIA / BRAIN GAMES
12:00 Noon	LUNCH
1:00 pm	M, T, TH, F - ACTIVE GAME WED - CHOICE - BIBLE CLUB OR BOOK CLUB
2:00 pm	DISCUSSIONS Mon – Sports Hour Tue – Music Discovery Wed – Craft Club Thu – Songwriting/Choir Fri – Art/Music Club
2:30 pm	SNACKS
3:00 pm	CHILDREN VISIT GRANDPARENTS' ROOM
3:30-5 pm	GROUP ACTIVITIES & GOODBYES The balance of the day is spent visiting, enjoying music and generally having fun together as we wait for families & transportation.