

Mon	Tue	Wed	Thu	Fri
2 8:30- Breakfast in the Café \$ 9- Chair Yoga \$ /A 10- Virtural Tours: Venice /CA 10:15- Intro. Line Dancing \$ /A 11:15- Chair Exercise /D-CA	3 8:30-Silver Sneakers \$ /D-CA 8:30- Tai Chi Chih \$ /A 10- Pinochle /C 10- Word Link /CA 10- Grief & Loss Support /G 10- Int. Line Dancing \$ /A 11- Adv. Line Dancing \$ /A 11- Dominoes /CA 11:15- Chair Volleyball /D-CA 1- Hatha Yoga \$ /D-CA 1p- Diabetes Prevention /G	4 8:30- Breakfast in the Café \$ 9- Chair Yoga \$ /A 10- Military History Series /CA 10:15- Walking Club /D-CA 10:15- Bible Study Disc. /G 10:15- Chair Exercise /A 11:15- Show Me Your Muscles /D-CA 12:30- Chair Volleyball /D-CA	5 8:30-Silver Sneakers \$ /D-CA 10- 500 Bid Card Game /C 10- Drum Circle with Music & Movement /CA 11:15- Chair Volleyball /D-CA 12:30- Yarn Workers Club /CA	6 8:45- Chair Yoga \$ /A 9- Friday Bingo \$ /CA 10- Tap Dancing \$ /A 10:15- Drumming Exercise /G
9 Wear Yellow! Hope Week! 8:30- Breakfast in the Café \$ 9- Chair Yoga \$ /A 10- Coffee & Discussion /CA 10:15- Intro. Line Dancing \$ /A 11:15- Chair Exercise /D-CA 5- Quilts for Kids /D-CA	10 Pajama Day for Hope Week! 8:30-Silver Sneakers \$ /D-CA 8:30- Tai Chi Chih \$ /A 10- Pinochle /C 10- Family Feud /CA 10- Int. Line Dancing \$ /A 11- Adv. Line Dancing \$ /A 11- Dominoes /CA 11:15- Chair Volleyball /D-CA 1- Hatha Yoga \$ /D-CA 1p- Diabetes Prevention /G	11 Wear Hawaiian & Mocktails 8:30-Breakfast in the Café \$ 9- Chair Yoga \$ /A 9- PA MEDI (appt only) 9- Trivia Challenge /CA 10:15- Walking Club /D-CA 10:15- Devotions /G 10:15- Chair Exercise /A 11:15- Show Me Your Muscles/D-CA 12:30- Chair Volleyball /D-CA	12 Wear Camo for Hope Week! 8:30- Veteran's Outreach (by appt) 8:30-Silver Sneakers \$ /D-CA 9:30-11:30 - Quilts for Kids /CA 10- Book Club /CO 10- Wii Bowling /G 10- 500 Bid Card Game /C 11:15- Chair Volleyball /D-CA 1- Silver Triangle Meeting /G	13 Wear Red for Hope Week! 8:45- Chair Yoga \$ /A 9- Parkinson's Exercise /G 9- Professional Portraits 9- Friday Bingo \$ /CA 10- Tap Dancing \$ /A 10:15- Drumming Exercise /G
16 8:30- Breakfast in the Café \$ 9- Chair Yoga \$ /A 9:15- Monday Bingo \$ /CA 10- Scrapbooking w/ Bev /G 10:15- Intro. Line Dancing \$ /A 11:15- Chair Exercise /D-CA 	17 8:30-Silver Sneakers \$ /D-CA 8:30- Tai Chi Chih \$ /A 10- Father's Day Party \$ /CA 10- Int. Line Dancing \$ /A 11- Adv. Line Dancing \$ /A 1- Hatha Yoga \$ /D-CA 1p- Diabetes Prevention /G	18 8:30-Breakfast in the Café \$ 8:30- Wellness Checks /W 9- Chair Yoga \$ /A 9:30- Paint with Pat \$ /CA 10:15- Walking Club /D-CA 10:15- Devotions /G 10:15- Chair Exercise /A 11:15- Show Me Your Muscles/D-CA 12:30- Chair Volleyball /D-CA	19 Center is Closed 	20 8:45- Chair Yoga \$ /A 9- Parkinson's Exercise /G 9- Friday Bingo \$ /CA 10- Tap Dancing \$ /A 10:15- Drumming Exercise /G
23 8:30- Breakfast in the Café \$ 9- PA MEDI (appt only) 9- Chair Yoga \$ /A 10- Basics of Sign Language /G 10:15- Intro. Line Dancing \$ /A 11:15- Chair Exercise /D-CA	24 Charles Town Casino trip 8:30- Silver Sneakers \$ /D-CA 8:30- Tai Chi Chih \$ /A 10- Pinochle /C 10- Now U Have It (\$5 Gift) /CA 10- Int. Line Dancing \$ /A 11- Adv. Line Dancing \$ /A 11- Dominoes /CA 11:15- Chair Volleyball /D-CA 1- Hatha Yoga \$ /D-CA 1p- Diabetes Prevention /G	25 8:30-Breakfast in the Café \$ 9- Chair Yoga \$ /A 9:15- Learn & Play: Fish Bowl /CA 10:15- Walking Club /D-CA 10:15- Devotions /G 10:15- Chair Exercise /A 11:15- Show Me Your Muscles /D-CA 12:30- Chair Volleyball /D-CA	26 8:30-Silver Sneakers \$ /D-CA 10- 500 Bid Card Game /C 10- Birthday/Anniversary Party fea. Tom Shultz /CA 12:30- Chair Volleyball /D-CA 12:30- Yarn Workers Club /C 1- Silver Triangle Meeting /G	27 8:30- Blood Pressure Checks 8:45- Chair Yoga \$ /A 9- Friday Bingo \$ /CA 10- Tap Dancing \$ /A 10:15- Drumming Exercise /G
30 8:30- Breakfast in the Café \$ 9- Chair Yoga \$ /A 9:30- Purse Charms Craft \$ /CA 10:15- Intro. Line Dancing \$ /A 11:15- Chair Exercise /D-CA		LEGEND: = Sign up REQUIRED A = Auditorium, C = Café, CA = Cafeteria, CO = Conference Room, D-CA = Dance Floor of CA, CR = Craft Room, G = Glass Room, W = Wellness Room	DAILY 8:30-11:00 - Coffee Bar 8:30-2:30 - Fitness Room <i>(Located inside of the Cafeteria)</i> 11:30 - Grab & Go Lunch 12 - Congregate Lunch Pool table is located in the Café	GLATCO Credit Union Mini Branch Open Thursdays 9:30-11:30 am <u>Located in the Wellness Room</u>