









MON

TUE

WED

THU

FRI

<p><u>Mon, Tues, Wed</u> 11:30 - Drive Thru Lunch (2 frozens on Wed) 12 - Congregate Lunch</p> <p><u>Mon thru Fri</u> 8:30-2:30 - Fitness Room 8:30-9:30 - Coffee Bar/Patio</p>	<p><i>Mon / Wed - Open Gym - 60+ Basketball 8:30-10</i></p> <p>Breakfast on Thursdays - Café - 9:00 - 10:00 am</p>	<p>1 9...Card Playing 9:30...Rock Steady Boxing 10...Walking Club 10...Poker 10...Video Series - WWI 11...Chair Exercise</p>	<p>2 8...Silver Sneakers Classic 9...Silver Sneakers Classic 10...Card Stamping w/Susan 10...Pinochle 11...Chair Volleyball 12:30...Yoga 1...Pickleball</p>	<p>3 8:30...Shuffleboard 9...Quarter Bingo 9:30...Parkinson's Class/ Rock Steady Boxing 10...Boogie & Boxing 10...Tap Dance Class 10...Walking Club 11...Chair Exercise</p> 
<p>6 <i>Center Closed for</i></p> 	<p>7 8 & 9...Silver Sneakers Classic 10:30...Dementia Friends Training 11...Line Dancing 11...Chair Volleyball 1...Pickleball 1...Ballroom Dancing</p>	<p>8 9...Card Playing 9:30...Rock Steady Boxing 10...Nutritionist Presentation 10...Walking Club 10...Poker 10...Video Series - WWI 11...Chair Exercise 12:30..New Member Orientation</p>	<p>9 <i>Delaware Park</i> 8 & 9...Silver Sneakers Classic 10...Circus Props Craft 10...Pinochle 11...Chair Volleyball 12:30...Yoga 1...Pickleball</p>	<p>10 8:30...Shuffleboard 9...Quarter Bingo 9:30...Parkinson's Class /Rock Steady Boxing 10...Tap Dance Class 10...Walking Club 11...Chair Exercise</p> 
<p>13 9...T'ai Chi Chih 9:30...Rock Steady Boxing 10...Walking Club 10...Council Meeting 11...Chair Exercise 12:30...Circus Fitness Program 5...Quilts for Kids</p>	<p>14 8 & 9...Silver Sneakers Classic 10...Pokeno 11...Line Dancing 11...Chair Volleyball 1...Pickleball 1...Ballroom Dancing</p>	<p>15 9...Card Playing 9:30...Rock Steady Boxing 10...Walking Club 10...Poker 10...Video Series - WWI 11...Chair Exercise 5...Dementia Friends Training</p>	<p>16 <i>Virtual Dementia Tour</i> 8...Silver Sneakers Classic 9...Silver Sneakers Classic 10...Jewelry Craft: Leaf Neck. \$ 10...Pinochle 11...Chair Volleyball 12:30...Yoga 1...Pickleball</p>	<p>17 8:30...Shuffleboard 9...Quarter Bingo 9:30...Parkinson's Class/ Rock Steady Boxing 10...Boogie & Boxing 10...Tap Dance Class 10...Walking Club 11...Chair Exercise</p> 
<p>20</p>  <p>9...T'ai Chi Chih 9:30...Rock Steady Boxing 9:30...Dime Bingo 10...Walking Club 11...Chair Exercise 12:30...Circus Fitness Program</p>	<p>21 8 & 9...Silver Sneakers Classic 10...Now You Have It... 11...Line Dancing 11...Chair Volleyball 1...Pickleball 1...Ballroom Dancing</p>	<p>22 9...Card Playing 9:30...Rock Steady Boxing 10...Walking Club 10...Poker 10...Video Series - WWI 11...Chair Exercise</p>	<p>23 8 & 9...Silver Sneakers Classic 10...Memory Care Kick Off 10...Book Club 10...Circus Props Craft 10...Pinochle 11...Chair Volleyball 12:30...Yoga 1...Pickleball</p>	<p>24 8:30...Blood Pressure Checks 8:30...Shuffleboard 9-11...Matter of Balance 9...Quarter Bingo 9:30...Parkinson's Class/ Rock Steady Boxing 10...Tap Dance Class 10...Walking Club 11...Chair Exercise</p> 
<p>27 9...T'ai Chi Chih 9:30...Rock Steady Boxing 10...Health Presentation: Manage Stress to Manage Pain 10...Walking Club 11...Chair Exercise 12:30...Circus Fitness Program</p>	<p>28 8 & 9...Silver Sneakers Classic 10...Bible Study w/Pastor Allison 11...Line Dancing 11...Chair Volleyball 1...Pickleball 1...Ballroom Dancing</p>	<p>29 9...Card Playing 9:30...Rock Steady Boxing 10...Walking Club 10...Poker 10...Video Series - WWI 11...Chair Exercise</p>	<p>30 8 & 9...Silver Sneakers Classic 10...Birthday/Anniversary Party fea. Tom Shultz 10...Pinochle 11...Chair Volleyball 12:30...Yoga 1...Pickleball</p> 	

* Activities may change if conditions warrant.