

Mon	Tue	Wed	Thu	Fri
1 Center is Closed 	2 8:30- Silver Sneakers \$ /D-CA 8:30- Tai Chi Chih \$ /Lobby 10- Pinochle /C 10- Boggle /G 10- Int. Line Dancing \$ /D-CA 11- Adv. Line Dancing \$ /D-CA 11- Dominoes /CA 11:15- Chair Volleyball /Lobby 1:30- Hatha Yoga \$ /D-CA	3 Choptank Bus Trip 8:30- Breakfast in the Café \$ 9- Chair Yoga \$ /Lobby 10:15- Walking Club /C 10:15- Bible Study Disc. /G 10:15- Chair Exercise /D-CA 11:15- Show Me Your Muscles/D-CA 12:30- Chair Volleyball /Lobby	4 8:30- Silver Sneakers \$ /D-CA 10- 500 Bid Card Game /C 10- Price Is Right Game /CA 11:15- Chair Volleyball /Lobby 12:30- Yarn Workers Club /CA	5  8:45- Chair Yoga \$ /Lobby 9- Friday Bingo \$ /CA 10- Tap Dancing \$ /Lobby 10:15- Drumming Exercise /G
8 8:30- Breakfast in the Café \$ 9- Chair Yoga \$ /Lobby 10- Coffee & Discussion /CA 11:15- Chair Exercise /Lobby 5- Quilts for Kids /D-CA	9 8:30- Silver Sneakers \$ /D-CA 8:30- Tai Chi Chih \$ /Lobby 10- Pinochle /C 10- Family Feud /G 10- Int. Line Dancing \$ /D-CA 11- Adv. Line Dancing \$ /D-CA 11- Dominoes /CA 11:15- Chair Volleyball /Lobby 1- Hatha Yoga \$ /D-CA	10 8:30- Breakfast in the Café \$ 9- PA MEDI (appt only) 9- Chair Yoga \$ /Lobby 9- Trivia Challenge /CA 10:15- Walking Club /C 10:15- Bible Study Disc. /G 10:15- Chair Exercise /D-CA 11:15- Show Me Your Muscles/D-CA 12:30- Chair Volleyball /Lobby	11 8:30- Silver Sneakers \$ /D-CA 9:30-11:30- Quilts for Kids/D-CA 10- 500 Bid Card Game /C 10- Basics of Sign Language/G 10- Safety Planning/CA 11:15- Chair Volleyball /Lobby 1- Silver Triangle Meeting /G	12  8:45- Chair Yoga \$ /Lobby 9- Friday Bingo \$ /CA 9- Parkinson's Exercise /G 10- Tap Dancing \$ /Lobby 10:15- Drumming Exercise /G
15 8:30- Breakfast in the Café \$ 9- Chair Yoga \$ /Lobby 9:15- Monday Bingo \$ /CA 10- Scrapbooking with Bev /CR 11:15- Chair Exercise /Lobby 5- Quilts for Kids /D-CA 	16 8:30- Silver Sneakers \$ /D-CA 8:30- Tai Chi Chih \$ /Lobby 9-12- Hearing Screenings /W 10- Pinochle /C 10- Grief & Loss Support /G 10- Int. Line Dancing \$ /D-CA 11- Adv. Line Dancing \$ /D-CA 11- Dominoes /CA 11:15- Chair Volleyball /Lobby 12:30- Diabetes Prevention/G 1- Hatha Yoga \$ /D-CA	17 8:30- Breakfast in the Café \$ 8:30- Wellness Checks /W 9- Chair Yoga \$ /Lobby 9:30- Paint with Pat \$ /CA 10:15- Walking Club /C 10:15- Devotions /CO 10:15- Chair Exercise /D-CA 11:15- Show Me Your Muscles/D-CA 12:30- Chair Volleyball /Lobby	18 8:30- Silver Sneakers \$ /D-CA 10- 500 Bid Card Game /C 10- Book Club /CO 10- Brainstorming Social /CA 11:15- Chair Volleyball /Lobby 12:30- Yarn Workers Club /CA	19  8:45- Chair Yoga \$ /Lobby 9- Friday Bingo \$ /CA 10- Tap Dancing \$ /Lobby 10:15- Drumming Exercise /G
22 Falls Prevention Week 8:30- Breakfast in the Café \$ 9- PA MEDI (appt only) 9- Chair Yoga \$ /Lobby 10- Basics of Sign Language/G 11:15- Chair Exercise /Lobby	23 8:30- Silver Sneakers \$ /D-CA 8:30- Tai Chi Chih \$ /Lobby 8:30- Veteran's Outreach (by appt) 10- Pinochle /C 10- Now You Have It (\$5 Gift)/CA 10- Int. Line Dancing \$ /D-CA 11- Adv. Line Dancing \$ /D-CA 11- Dominoes /CA 11:15- Chair Volleyball /Lobby 1- Hatha Yoga \$ /D-CA	24 8:30- Breakfast in the Café \$ 9- Chair Yoga \$ /Lobby 10:15- Walking Club /C 10- Darrell Sipe Presentation/CA 10:15- Devotions /CO 10:15- Chair Exercise /D-CA 11:15- Show Me Your Muscles/D-CA 12:15- Lunch & Learn: Minnich's Pharmacy/CA 12:30- Chair Volleyball /Lobby	25 8:30- Silver Sneakers \$ /D-CA 10- 500 Bid Card Game /C 10- Birthday/Anniversary Party fea. Wayne & Gene /CA 12:30- Chair Volleyball /Lobby 1- Silver Triangle Meeting /G	26  8:30- Blood Pressure Checks 8:45- Chair Yoga \$ /Lobby 9- Friday Bingo \$ /CA 9- Parkinson's Exercise /G 10- Tap Dancing \$ /Lobby 10:15- Drumming Exercise /G
29 8:30- Breakfast in the Café \$ 9- Chair Yoga \$ /Lobby 9:30- Basket Weaving \$ /CA 11:15- Chair Exercise /Lobby	30 8:30- Silver Sneakers \$ /D-CA 8:30- Tai Chi Chih \$ /Lobby 10- Watercolor Class \$ /CA 10- Pinochle /C 10- Int. Line Dancing \$ /D-CA 11- Dominoes /CA 11- Adv. Line Dancing \$ /D-CA 11:15- Chair Volleyball /Lobby 1- Hatha Yoga \$ /D-CA	DAILY 8:30-11:00 - Coffee Bar 8:30-2:30 - Fitness Room (Located inside of the Cafeteria) 11:30 - Grab & Go Lunch 12 - Congregate Lunch Pool table is located in the Café	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	GLATCO Credit Union Mini Branch Open Thursdays 9:30-11:30 am <u>Located in the Wellness Room</u>