



# WEEKLY ACTIVITIES

## MONDAY

- 8:30 a.m. Exercise - CC & V
- 9 a.m. Knit & Crochet - CC
- 10 a.m. Karaoke
- 12:30 p.m. Musical BINGO

## TUESDAY

- 8:30 a.m. Wii Bowling
- 9:30 a.m. Bridge
- 9 a.m. Unfinished Crafts - CC
- 10 a.m. Mindfulness 2.0 - CC & V
- 12:30 p.m. Pinochle

## WEDNESDAY

- 8:30 a.m. Exercise - CC
- 8:30 a.m. Ceramics - CC
- 12:30 p.m. Hybrid BINGO
- 12:30 p.m. Pinochle

## THURSDAY

- 8:30 a.m. Wii Bowling
- 8:45 a.m. Qui Gong Tai Chi - CC
- 9 a.m. Plastic Canvas
- 9:30 a.m. Bridge
- 10:30 a.m. Yoga, Meditation & Health - CC
- 12:30 p.m. Mahjong
- 1 p.m. Euchre

## FRIDAY

- 8:30 a.m. Exercise - CC
- 9 a.m. Unfinished Crafts - CC
- 10 a.m. Karaoke
- 12:30 p.m. Pinochle
- 12:30 p.m. Musical BINGO
- 1:30 p.m. Movie

## DAILY:

Quilting, Game Room, Computer Lab, Board Games, Lounge, Garden Area

All activities above take place at the Senior Center or Community Center unless otherwise noted.

Please note that program dates and times are subject to change.

MON	TUE	WED	THUR	FRI
<p>RR - Registration Required</p> <p>CC - Community Center</p> <p>V - In Person &amp; Virtual Program</p>			<p><b>1</b></p> <p>8:30 a.m. Drop-In Ping Pong - <b>CC</b></p> <p>1:30 p.m. Drop-In Pickleball</p>	<p><b>2</b></p> <p>8:30 a.m. Drop-In Ping Pong - <b>CC</b></p> <p>1:30 p.m. Movie In The Lounge - Love At First Sight</p>
<p><b>5</b></p> <p>9 a.m. Computer Class</p> <p>4 p.m. Drop-In Ping Pong - <b>CC</b></p>	<p><b>6</b></p> <p>8 a.m. Drop-In Pickleball - <b>CC</b></p> <p>9 a.m. Chair Volleyball - <b>CC</b></p>	<p><b>7</b></p> <p>10 a.m. Breathwork w/Alignment Health</p> <p>10:30 a.m. Brain Games</p>	<p><b>8</b></p> <p>8:30 a.m. Drop-In Ping Pong - <b>CC</b></p> <p>1:30 p.m. Drop-In Pickleball</p>	<p><b>9</b></p> <p>8:30 a.m. Drop-In Ping Pong - <b>CC</b></p> <p>1:30 p.m. Movie In The Lounge - A League of Their Own</p>
<p><b>12</b></p> <p>11:30 a.m. Drop-In Ping Pong - <b>CC</b></p>	<p><b>13</b></p> <p>8 a.m. Drop-In Pickleball - <b>CC</b></p> <p>10 a.m. ClipDart - Senior Center Salon - <b>RR</b></p> <p>11:30 a.m. Out to Lunch - Singing Panda <b>RR</b></p> <p>9 a.m. Chair Volleyball - <b>CC</b></p>	<p><b>14</b></p> <p>10 a.m. Hydration Station w/Supportive Hands Hospice</p>	<p><b>15</b></p> <p>8:30 a.m. Drop-In Ping Pong - <b>CC</b></p> <p>1 p.m. AARP - Driving Course</p> <p>1:30 p.m. Drop-In Pickleball</p>	<p><b>16</b></p> <p>8:30 a.m. Drop-In Ping Pong - <b>CC</b></p> <p>10:30 a.m. Entertainer - Sarah Vanell</p> <p>1:30 p.m. Movie In The Lounge - A Beautiful Mind</p>
<p><b>19</b></p> <p>9 a.m. Computer Class</p> <p>11:30 a.m. Drop-In Ping Pong - <b>CC</b></p>	<p><b>20</b></p> <p>8 a.m. Drop-In Pickleball - <b>CC</b></p> <p>8:30 a.m. Wii Bowling Tournament</p> <p>9 a.m. Chair Volleyball - <b>CC</b></p>	<p><b>21</b></p> <p>10:30 a.m. Brain Games</p>	<p><b>22</b></p> <p>8:30 a.m. Drop-In Ping Pong - <b>CC</b></p> <p>1:30 p.m. Drop-In Pickleball</p> <p>12:30 p.m. Loteria w/Supportive Hands Hospice</p>	<p><b>23</b></p> <p>8:30 a.m. Drop-In Ping Pong - <b>CC</b></p> <p>1:30 p.m. Movie In The Lounge - Arthur the King</p>
<p><b>26</b></p> <p>9 a.m. Computer Class</p> <p>11:30 a.m. Drop-In Ping Pong - <b>CC</b></p>	<p><b>27</b></p> <p>8 a.m. Drop-In Pickleball - <b>CC</b></p> <p>9 a.m. Chair Volleyball - <b>CC</b></p>	<p><b>28</b></p> <p>10 a.m. Skin &amp; Hydration Workshop w/Angels Care</p>	<p><b>29</b></p> <p>8:30 a.m. Drop-In Ping Pong - <b>CC</b></p> <p>1:30 p.m. Drop-In Pickleball</p> <p>Birthday Celebration</p>	<p><b>30</b></p> <p>8:30 a.m. Drop-In Ping Pong - <b>CC</b></p> <p>10:30 a.m. Entertainer - Jim Tharp</p> <p>1:30 p.m. Movie In The Lounge - The Miracle Club</p>

