

Regularly Scheduled Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 Walk Aerobics 9:45 Stretch & Tone Exercises 10:00 Walking Club- 10:45 Tai Chi 11:45 Lunch 1:00 Art Class 1:00 Bingo for Bucks 1:00 - 3:00 Fitness Room Monitor	9:00 Haircuts 9:00 Pilates with Paula 10:00 Tuesday Trivia 11:45 Lunch	9:00 Walk Aerobics 9:30 VNA Health Checks 9:45 Stretch & Tone Exercises 10:45 Tai Chi 11:45 Lunch	9:00 Advanced Stretch & Tone 9:30 Woodcarving Class 10:15 Line Dancing 11:45 Lunch 1:00 Billards and Cards	9:00 Walk Aerobics 9:45 Stretch & Tone Exercises 10:00 Bowling @ Earl Bowl 10:30 Tap Dancing 11:45 Lunch	
	9:00 Walk Aerobics 9:45 Stretch & Tone Exercises 10:00 Walking Club- 10:45 Tai Chi 11:45 Lunch 1:00 Art Class 1:00 Bingo for Bucks 1:00 - 3:00 Fitness Room Monitor	9:00 Haircuts 9:00 Pilates with Paula 10:00 Tuesday Trivia 11:45 Lunch 1:00 Medicare Advice -Appt. Only	9:00 Walk Aerobics 9:45 Stretch & Tone Exercises 10:45 Tai Chi 11:45 Lunch	9:00 Advanced Stretch & Tone 9:30 Woodcarving Class 10:15 Line Dancing 11:45 Lunch 1:00 Billards and Cards 2:00 Coin Club	9:00 Walk Aerobics 9:45 Stretch & Tone Exercises 10:00 Bowling @ Earl Bowl 10:00 Legal Advice - Appt. Only 10:30 Tap Dancing 11:45 Lunch 2:00 Little Studies	
	9:00 Walk Aerobics 9:45 Stretch & Tone Exercises 10:00 Walking Club- 10:45 Tai Chi 11:45 Lunch 1:00 Art Class 1:00 Bingo for Bucks 1:00 - 3:00 Fitness Room Monitor	9:00 Haircuts 9:00 Pilates with Paula 10:00 Tuesday Trivia 11:45 Lunch	9:00 Walk Aerobics 9:45 Stretch & Tone Exercises 10:45 Tai Chi 11:45 Lunch	9:00 Advanced Stretch & Tone 9:30 Woodcarving Class 10:15 Line Dancing 11:45 Lunch 1:00 Billards and Cards	9:00 Walk Aerobics 9:45 Stretch & Tone Exercises 10:00 Bowling @ Earl Bowl 10:30 Tap Dancing 11:45 Lunch 2:00 Little Studies	
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