

Daily Activity Schedule

Monday

Cribbage	9:00am	11:30am	Activity Room
Video Yoga	8:30am	9:30am	Aerobics Room
Samba	9:30 am	1:00pm	Arts & Crafts

Tuesday

Pickleball	7:00am	12:00pm	Gym
Hand, Knee, & Foot	9:30am	12:00pm	Activity
Chair Fitness	8:30am	9:30am	Aerobics
Board Games & Puzzles	9:30 am	11:30am	MPR

Wednesday

Pinochle	9:00am	12:00 pm	Activity Room
Mexican Train	9:30am	12:30 pm	Activity Room
Video Line Dancing	8:30 am	9:30 am	Aerobics Room

Daily Activity Schedule

Thursday

Pickleball	7:00am	12:00pm	Gym
Chair Fitness	8:30am	9:30am	Aerobics Room
American Mahjong (no lessons given)	10:00am	2:00 pm	Activity Room
Hand, Knee & Foot	9:30am	12:00pm	Arts & Crafts
Crafty Ladies	11:00am	2:00pm	Activity

Friday

Samba	9:30am	1:00pm	Arts & Crafts
Pinochle	9:00am	12:00pm	MPR
Bingo (Every Other Fri.)	10:00 am	12:00pm	MPR