



Monthly Activities (FALL 2022)

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Every Monday (See Fitness Page)	Every Tuesday	Every Wednesday (See Fitness Page)	(1st and 3rd Thursday)	Every Friday (See Fitness Page)
9:15AM-12:15PM FITNESS Classes		9:15AM-12:15PM FITNESS Classes	11:30AM – 2:00PM Stroke Support Group	9:15AM-12:15PM FITNESS Classes
Every Monday	Every Tuesday	(2nd and 4th Wednesday)	Every Thursday	
12:30PM-3:00PM Bingo Mania Mondays	12:00PM-3:00PM CARD Players GAME: POKER	12:30PM-3:00PM MUSIC ACTIVITY GROUP	12:00PM-3:00PM CARD Players GAME: Golf	
1st Monday	Every Tuesday	Every Wednesday	3rd Thursday	
1:00PM-3:00PM POETRY CAFÉ	12:00PM-3:00PM CARD Players GAME: 500	12:30PM-3:00PM CARD Players GAME: EUCHRE	3:00PM-4:00PM BOOK CLUB	
	Every Tuesday	Every Wednesday	Every Thursday	
	(ZOOM) 7:00PM – 8:00PM After Hours MAT YOGA	6:30PM-7:30PM After Hours TAI CHI	6:30PM-7:30PM After Hours VINYASA YOGA	

Note: Please check for your activity and the day(s) of the week and the number of times per month the activity is scheduled. Example: Poetry Café is held the 1st Monday each month