

Daily Activity Calendar

Monday

9:00 AM – 10:00 AM	Tap Dance & Practice – Inter. II (Activity Room) STARTS 9/13
9:45 AM—Noon	Bocce (Bocce Courts)
10:00 AM—1:00 PM	Hair Cuts-by appt 9/13, 9/20
10:00 AM – 11:00 AM	Chair Yoga (Big Room-Piano Side) STARTS 9/20
10:00 AM – 10:45 AM	Jazz Dance & Practice (Activity Room) STARTS 9/13
10:00 AM—12:00 PM	Crafts I (Craft Room) STARTS 9/13 NEW CLASS
10:00 AM – 11:00 AM	Learn to Play Pool (Game Room)
10:30 AM-12:00PM	Discussion Group (Meeting Room) 9/13, 9/27
11:00 AM – 11:45 AM	Beginner Tap & Practice (Activity Room) STARTS 9/13
12:00 PM – 12:30 PM	Congregate Lunch (Big Room-Kitchen Side)
12:30 PM – 2:30 PM	Dominoes (Game Room)
1:00 PM – 2:30 PM	Osteo Exercise (Activity Room)
1:00 PM – 3:00 PM	Quilt Workshop (Craft Room) STARTS 9/13
2:30 PM – 4:30 PM	Line Dancing w/Kevin Richards (Big Room)
2:30 PM – 4:00 PM	Wii Play (Activity Room)

Tuesday

8:45 AM – 9:45 AM	Exercise To Tapes (Activity Room)
9:00 AM – 12:00 PM	Pinochle (1 table-Game Room)
9:00 AM – 12:00 PM	Pool (Game Room)
10:00 AM – 11:00 AM	Tai-Chi (Activity Room) STARTS 9/20
11:00 AM – 3:30 PM	Duplicate Bridge (Big Room)
12:00 PM – 12:45 PM	Beginner Ballroom & Practice (Activity Room) STARTS 9/14
12:00 PM – 12:30 PM	Congregate Lunch (Big Room-Kitchen Side)
12:30 PM – 2:00 PM	Real Estate Planner-by appt (Meeting Rm) 9/7, 9/21
12:30 PM – 3:00 PM	Scrabble (Game Room by Pool Table)
1:00 PM-3:00 PM	Freestyle Watercolor (Craft Room)
2:00 PM – 3:00 PM	Ballroom Practice (Activity Room)
6:00 PM—7:00 PM	Bocce (Bocce Courts)
7:15 PM-8:15 PM	Yoga (Activity Room) STARTS 9/14

Wednesday

8:45 AM – 9:45 AM	Exercise to Tapes (Activity Room)
9:30 AM – 11:30AM	Shen Senior Investment Club (Big Room) 9/1, 9/8
9:00 AM – 12:00 PM	Poker (Game Room)
9:45 AM—Noon	Bocce (Bocce Courts)
9:45 AM – 11:30 AM	TOPS (Activity Room)
10:00 AM—11:30 AM	Memories to Memoirs Group-formal & informal (Meeting Rm)
10:00 AM – 12:00 PM	Crafts II (Craft Room) STARTS 9/15
11:30 AM – 12:30 PM	Ballroom Dancing & Practice (Activity Room) STARTS 9/15
12:00 PM – 12:30 PM	Congregate Lunch (Big Room-Kitchen Side)
12:00 PM—4:00 PM	Duplicate Bridge (Big Room)
12:30 PM – 3:30 PM	Hand and Foot (Big Room-Kitchen Side)
12:30 PM—1:30 PM	Italian Conversation (Meeting Room) STARTS 9/22

Daily Activity Calendar (Continued)

(Cont'd)

1:00 PM—3:00 PM	Learn to Crochet (Craft Room) STARTS 9/22
1:30 PM—2:30 PM	Blood Pressure Clinic (Library) 9/8
2:30 PM - 4:00 PM	Osteo Exercise (Activity Room)
8:45 AM – 9:45 AM	Exercise to Tapes (Activity Room)
9:00 AM—11:00 AM	Financial Planning-by appt (Meeting Rm) 1st Thursday 9/2
10:00 AM – 11:30 AM	Chorus (Big Room) STARTS 9/16
9:00 AM – 12:00 PM	Pinochle (Game Room)
9:00 AM – 12:00 PM	Pool (Game Room)
10:00AM—12noon	Legal Assistance-by appt (Meeting Rm) Last Thursday 9/23
10:00 AM—11:30 AM	Macular Degeneration (Meeting Rm) 2nd Thursday STARTS 9/9
10:00 AM – 11:00 AM	Wii Play (Activity Room)
10:00 AM—12:00 PM	Watercolor (Craft Room)
1:00 AM—3:00 PM	BUNCO (Big Room-Piano side) 2nd Thursday STARTS 9/9
12:00 PM – 12:30 PM	Congregate Lunch (Big Room-Kitchen Side)
1:00 PM—3:00 PM	Genealogy Group (Craft Room) 1st Thursday 9/2
1:00 PM – 4:00 PM	Mah-Jongg (Big Room-Kitchen side)
12:30 PM – 3:00 PM	Pinochle (Big Room-Kitchen Side)
1:30 PM – 4:00 PM	Chess (Game Room)
9:00 AM—10:00 AM	Living with Chronic Illness (Craft Room)
9:00 AM – 12:00 PM	Orchestra (Big Room) STARTS 9/10
9:00 AM – 10:00 AM	Tap Dance & Practice-Advanced (Activity Rm) STARTS 9/17
9:00 AM – 12:00 PM	Poker (Game Room)
9:00 AM – 1:00 PM	Woodcarving (Big Room)
10:00 AM – 12:00 PM	Dominoes (Game Room)
10:00 AM – 10:45 AM	Ballet (Activity Rm) STARTS 9/17
10:00 AM – 11:00 AM	Bereavement Support Group (Craft Room)
10:45 AM—11:45 AM	Tap Dance & Practice—Inter I (Activity Rm) STARTS 9/17
11:00 AM – 12:00 PM	Caregivers Support Group (Craft Room) NEW GROUP
12:00 PM – 12:30 PM	Congregate Lunch (Big Room-Kitchen Side)
12:00 PM – 1:00 PM	Individual Counseling (Meeting Rm)
12:30 PM – 2:30 PM	Movie 9/10, 9/24 Bingo 9/3, 9/17 (Activity Room)
12:30 PM – 3:00 PM	Scrabble (Game Room)
1:00 PM – 2:00 PM	Individual Counseling (Meeting Rm)
1:00 PM—2:30 PM	Line Dancing (Big Room /Piano side)
2:45 PM – 4:15 PM	Osteo Exercise (Activity Room)

Thursdays

Fridays