

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
O N G O I N G	# Computer Lab 9:00 am - 4:00 pm	# Computer Lab 9:00 am - 9:00 pm # Seniors Fitness (w/instructor) 9:30 am – 10:00 am Stretch class 10:00 am – 11:00 am am General Exercise (basic) # Falls Prevention 11:00 am	# Computer Lab 9:00 am - 7:00 pm # Seniors Fitness (w/instructor) 9:30 am – 10:00 am Stretch class 10:00 am – 11:00 am General Exercise (basic) # Falls Prevention 11:00 am	# Computer Lab 9:00 am - 6:30 pm # Seniors Fitness (w/instructor) 1:00 pm – 2:00 pm General exercise (advance) 2:00 pm – 3:00 pm General exercise (moderate)	# Computer Lab 9:00 am - 9:00 pm # Senior's Exercise 10:30 am – 11:00 am (no instructor) # Seniors Fitness (w/instructor) 1:00 pm – 2:00 pm General Exercise (advanced) 2:00 pm – 3:00 pm General Exercise (moderate)	# Computer Lab 2:00 pm - 9:00 pm	# Computer Lab 9:00 am - 9:00 pm
C A R D S	Bid Euchre 1:00 pm – 4:00 pm	Bridge 12:30 pm *Cribbage League 7:00 pm	Bid Euchre 1:00 pm – 4:00 pm Euchre 7:00 am – 10:00 pm		Euchre 1:00 pm - 4:00 pm 6-Handed Euchre 7:00 pm – 9:00pm	Cribbage 1:00 pm – 4:00 pm *BINGO 7:00 pm	Bid Euchre (2 nd Sat.) 7:00 pm 6 handed Euchre (3 rd Sat) 7:00 pm Euchre (4 th Sat.) 7:00 pm
P R O G R A M S	Please inquire at the office for information about the Woodshop . For individual Computer classes or help with your tablet please call the office.		LAMP Foot Clinic (2 nd Tues) <i>by appt. through LAMP</i> *Shuffleboard 1:00 pm *Creative Doll Making (last Tues. of the month) 12:30 – 4 pm *Scottish Country Dancing 7:30 pm – 9:30pm	*Line Dancing 10:00 am – 11:30 am *Art Group 9:30 am – 12:30 pm (experience required) Chess Club 7:00 pm– 11:00 pm	Craft Ladies 9:00 am – 12:00 pm	Reflexology <i>by appt. only</i> 11:00 am – 2:00 pm	
F O O D		Café 9:00 am – 2:00 pm	Café 9:00 am – 2:00 pm	Café 9:00 am – 2:00 pm Lunch & Learn (4 th Wed.) 12:00 pm – 2:00 pm <i>Café closed on Lunch & Learn days</i>	Café 9:00 am – 2:00 pm	Café 9:00 am – 12:00 pm	

* Not during the summer
Free programs

