

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
O N G O I N G		# Stretch Class 9:30am–10:00am # Basic Exercise 10:00am–11:00am # Falls Prevention 11:00am–12:00noon	# Stretch Class 9:30am–10:00am # Basic Exercise 10:00am–11:00am # Falls Prevention 11:00am–12:00noon	# Advanced Exercise 1:00pm–2:00pm # Moderate Exercise 2:00pm–3:00pm	# Drop-in Exercise 10:30am–11:00am (no instructor) # Advanced Exercise 1:00pm–2:00 pm # Moderate Exercise 2:00pm–3:00pm		
C A R D S	Bid Euchre 1:00pm–4:00pm	Bridge 1:00pm–4:00pm	Bid Euchre 1:00pm–4:00pm Euchre 7:00pm–10:00pm		Euchre 1:00pm–4:00pm 6-Handed Euchre 7:00pm–9:00pm	BINGO 7:00pm–9:00pm	Bid Euchre (2 nd Sat.) 7:00pm–9:00pm 6 handed Euchre (3 rd Sat.) 7:00pm–9:00pm Euchre (4 th Sat.) 7:00pm–9:00pm
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 1:00pm–3:00pm Creative Doll Making (last Tues.) 12:30pm–4:00pm Scottish Country Dancing 7:30pm–9:30pm	Line Dancing 10:00am–11:30am Art Group 9:30am–12:30pm Chess Club 7:00pm–11:00pm	Craft Ladies 9:00am–12:00pm	Reflexology <i>by appt. only</i> 11:00am–2:00pm	
F O O D		Café 9:00am–2:00pm	Café 9:00am–2:00pm	Café 9:00am–2:00pm <i>Café closed on Lunch & Learn days</i>	Café 9:00am–2:00pm	Café 9:00am–12:00pm	

Free programs

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