

## Computer Station

We have four computers hooked up to the internet for you to use.

Please no food or drink in this area.



## MONDAY

8:30 am – Walk with Ease -WWE

9:30 am – Exercise Class

11:30 am – Nutrition

12 Noon – Afternoon Games

## TUESDAY

10:00 am – Line Dancing

11:30 am – Nutrition

12 Noon – Afternoon Games



# Daily Activities

*\*\*See Calendar for Special Events / Programs*

## WEDNESDAY

8:30 am – Walk with Ease -WWE

9:30 am – Exercise Class

10:30 am – Diamond Art

11:30 am – Nutrition

12 Noon – Afternoon Games

1:00 - 2:45 pm – BINGO

## Afternoon Games

Afternoon Games Include:

- Bridge
- Canasta
- Chess
- Mah-Jongg
- Rook
- Phase 10
- Train Dominos
- Kings Corners
- Rummikub
- Tuck
- Five Crowns
- Puzzles
- Quiddler
- Checkers
- And so much more!

## Fitness Room

*\*You need a registration and waiver on file in order to use the equipment.*

## Game Room

Pool / Foosball / Darts / Table Tennis

## THURSDAY

9:00 am –TOPS

10:30 am – Chair Fusion Class

11:30 am – Nutrition

12 Noon – Afternoon Games

6:00 pm – Line Dancing

## FRIDAY

8:30 am – Walk with Ease -WWE

9:30 am – Exercise Class

10:30 am – Dance Fitness

11:30 am – Nutrition

12 Noon – Afternoon Games