



Weekly ACTIVITY SCHEDULE

MONDAY

- 9:00am Wood Carving
- 10:00am Dominos: Mexican Train 1 (1st & 3rd Mon)
- 10:30am Dominos: Mexican Train 2 (1st & 3rd Mon)
- 11:30am Fellowship Meal
- 12:35pm Bunco (2nd & 4th Mon)
- 1:00pm Bridge Foursome (1st & 3rd Mon)
- 2:30pm Table Tennis

TUESDAY

- 11:00am Mah Jong
- 11:30am Fellowship Meal
- 12:00pm Guitar
- 1:00pm Bingo

WEDNESDAY

- 9:00am Bridge
- 10:00am Brunch Bingo (1st Wed)
- 10:00am Card Creations (2nd Wed)
- 11:30am Fellowship Meal
- 12:00pm Poker & Beginning Poker (2nd, 3rd, 4th Wed)
- 12:00pm Knitting/Crochet/Sewing Group
- 12:00pm Chess
- 1:00pm Book Club (1st Wed)
- 2:00pm Dementia Support Group (2nd Wed)
- 2:00pm Caregiver Support Group (3rd Wed)

THURSDAY

- 9:00am Wood Carving
- 9:30am Canasta Hand & Foot
Tables drawn @ 9:45am
Play begins @ 10:00am
- 11:30am Fellowship Meal
- 12:00pm Poker (1st Thurs)
- 12:00pm Mindful Meditation
- 1:00pm Bible Study

FRIDAY

- 10:00am Health & Nutrition Class
- 11:00am Tech Support Class (every other Fri)
- 11:00am Fellowship Meal
- 12:15pm Bingo
- 1:00pm Tech Support Class (every other Fri)

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January, The first month of the year,
a perfect time to start all over again,
changing energies and deserting old
moods, new beginnings, new attitudes.

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CHARMAINE J FORDE