



Weekly ACTIVITY SCHEDULE

MONDAY

9:00am Wood Carving
10:00am Dominos: Mexican Train 1 (1st & 3rd Mon)
11:30am Fellowship Meal
12:00pm Swoop Card Game (1st & 3rd Mon)
12:35pm Bunco (2nd & 4th Mon)
1:00pm Bridge Foursome (1st & 3rd Mon)
2:30pm Table Tennis
2:45pm Intermediate Spanish

TUESDAY

11:00am Mah Jong
11:30am Fellowship Meal
1:00pm Bingo
3:45pm Beginners Spanish

WEDNESDAY

9:00am Bridge
10:00am Card Creations (2nd Wed)
11:30am Fellowship Meal
12:00pm Advanced Poker Group
12:00pm Beginning Poker Group
12:00pm Knitting/Crochet/Sewing Group
1:00pm Book Club (1st Wed)
1:30pm Arts & Crafts Series (2nd Wed)
1:30pm Guitar
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 Mindful Meditation
1:00pm Bible Study
2:30pm Dementia Support Group (2nd Thur)

FRIDAY

10:00am Downsizing Workshop (1st & 3rd Fri)
10:00am Grief Support Group (4th Fri)
11:00am Fellowship Meal
12:15pm Bingo



“Age is merely the number of years the world has been enjoying you. Keep showing up with energy and purpose.”
- Unknown