

# Weekly ACTIVITY SCHEDULE

## MONDAY

- 9:00am Wood Carving
- 10:00am Open Games (Mexican Train, Swoop, etc.)
- 11:30am Fellowship Meal
- 12:00pm Loteria (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

- 10:30am Mah Jong
- 11:30am Fellowship Meal
- 1:00pm Bingo
- 3:45pm Beginner's Spanish

## WEDNESDAY

- 9:00am Bridge
- 10:00am Card Creations (2nd & 4th Wed)
- 11:30am Fellowship Meal
- 12:00pm Poker
- 12:00pm Knitting/Crochet/Sewing Group
- 1:00pm Book Club (1st Wed)
- 1:30pm Arts & Crafts Series (2nd Wed)
- 1:00pm Guitar Instructional Class
- 2:00pm Caregiver Support Group (3rd Wed)

## THURSDAY

- 9:00am Wood Carving
- 9:30am Canasta Hand & Foot
- 11:30am Fellowship Meal
- 12:00pm Mindful Meditation
- 1:15pm Bible Study
- 2:30pm Dementia Support Group (2nd Thur)



## FRIDAY

- 10:00am Grief Support Group (4th Fri)
- 11:00am Fellowship Meal
- 12:15pm Bingo



"Age is no barrier. It's a limitation you put on your mind."  
-Jackie Joyner-Kerse