

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EXERCISE	EXERCISE	EXERCISE	EXERCISE	EXERCISE	EXERCISE
Gym 7:30 a - 4 p Stretch & Strength 8:45a Chair Yoga 10:30 a	Gym 7:30 a - 7 p Ping Pong: 11:30 a Wii Games: 1 p	Gym 7:30 a - 4 p Stretch & Strength 8:45a Gentle Yoga 10:30a Tai Chi 11 a Zumba Gold 1 p	Gym 7:30 a - 7 p Sr Fitness 9:15 a Chair Yoga 10:30 a Ping Pong: 11:30 a Wii Games: 1 p	Gym 7:30 a - 4 p Gentle Yoga 9 a	Gym 9 a - 12 p
HEALTH	HEALTH	HEALTH	HEALTH	HEALTH	HEALTH
BP Screen 12-1 p Foot Care by appt	Haircut by appt (1st Tue)	Diabetes Screen 7:30-9a(4th Wed) Hearing Screen by appt (3rd Wed) Massage by appt	Diabetes Support 9 a (2nd Thurs) Diabetes Scrn 7:30-9a (2nd Thurs) BP Screen 12-1 p Cholesterol by appt (3rd Thurs)	Haircut by appt (2nd Fri)	Haircut by appt (3rd Sat)
ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY
Writer's Group 10 a (2nd & 4th Mon) Billiards 11 a - 4 p Cards 1 p Computer Club 1 p Drawing Class - call for dates Casino trip by reservation (1st & 3rd Mon)	Intm Paint Class 9-11a Billiards 11 a - 4 p Beg Paint Class 12:30 p Intermediate Bridge: 1 p Phyllis's Bridge (Every other Tue) Cards: 1 p Rumikub 1 p Local shopping by appt	Book Chats 1 p (2nd Wed) Coloring Club: 9:30-12 Cribbage: 10 a Billiards: 11 a - 4 p Killingworth Lunch 12 p Cards: 1 p Hand & Foot: 1 p	Chess Group: 9:30 a Needle Crafters: 10 a Billiards: 11 am - 4 p Clinton Café Lunch 12p Quilt Club: 12:30 p Cards: 1 p Cribbage: 1 p Scrabble & Games: 1 p	Billiards: 11a - 4 p Cards: 1 p Mah Jongg: 1 p Artist Recept 5-7p (2nd Fri)	
BENEFITS	BENEFITS	BENEFITS	BENEFITS	BENEFITS	BENEFITS
	Medicare Roundtable by appt (1st Tue) Finance Check by appt (3rd Tue)	Caregiver Support 1 p (1st Weds)	Better Breathers 1:30 p (1st Thurs) CHOICES by appt		