PROGRAMS FOR ACTIVE OLDER ADULTS

Mon	Tue	Wed	Thu	Fri
		1	<u>2</u>	3
		10:00am—12:00pm	11:00am- 11:45am	Coffee & Conversations
		<u>Pickle Ball</u>	BETH	Tv Lounge area
		Gymnasium	Silver Sneakers	10am—11am
6	7	8	9	10
11:00am- 11:45am	11:30am- 12:15pm	10:00am—12:00pm	11:00am- 11:45am	
GLENN	KEITH	<u>Pickle Ball</u>	BETH	Coffee & Conversations
Silver Sneakers	Silver Sneakers	Gymnasium	Silver Sneakers	Tv Lounge area
13	14	15	16	17
11:00am- 11:45am	11:30am- 12:15pm	10:00am—12:00pm	11:00am- 11:45am	Coffee & Conversations
GLENN	KEITH	<u>Pickle Ball</u>	BETH	Tv Lounge area
Silver Sneakers	Silver Sneakers	Gymnasium	Silver Sneakers	10am—11am
20	21	22	23	24
11:00am- 11:45am	11:30am- 12:15pm	10:00am—12:00pm	11:00am- 11:45am	Coffee & Conversations
GLENN	KEITH	<u>Pickle Ball</u>	BETH	Tv Lounge area
Silver Sneakers	Silver Sneakers	Gymnasium	Silver Sneakers	10am—11am
27	28	29	30	31
11:00am- 11:45am	11:30am- 12:15pm	10:00am—12:00pm	11:00am- 11:45am	BINGO NIGHT
GLENN	KEITH	<u>Pickle Ball</u>	BETH	
Silver Sneakers	<u>Silver Sneakers</u>	Gymnasium	Silver Sneakers	



SENIOR BINGO !!

Now every once in a month, Stop by at Front desk for more details !!!

Coffee & Conversations
Every Friday
10:00am 11: 00am in the TV
Lounge area

