

Mon	Tue	Wed	Thu	Fri
3 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	4 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	5 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	6 11:00am– 11:45am BETH <u>Silver Sneakers</u>	7 <u>Coffee & Conversations</u> Tv Lounge area 10am—11am
10 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	11 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	12 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	13 11:00am– 11:45am BETH <u>Silver Sneakers</u>	14 <u>SENIOR POTLUCK</u> <u>CAFÉ 11AM-1PM</u>
17 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	18 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	19 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	20 11:00am– 11:45am BETH <u>Silver Sneakers</u>	21 <u>Coffee & Conversations</u> Tv Lounge area 10am—11am
24 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	25 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	26 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	27 11:00am– 11:45am BETH <u>Silver Sneakers</u>	28 <u>BINGO NIGHT</u> 4pm—7pm



SENIOR BINGO & SENIOR POTLUCK !!

Coming up now every once in a month, Stop by at Front desk for more details !!!

SENIOR RESOURCES

Make an appointment to learn more about your Body Balance & Posture with Chiropractor Chelsey. Sign up at the front desk.

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



Lounge area