

Mon	Tue	Wed	Thu	Fri
1 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	2 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	3 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	4 11:00am– 11:45am BETH <u>Silver Sneakers</u>	5 <u>Coffee &amp; Conversations</u> Tv Lounge area 10am—11am
8 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	9 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	10 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	11 11:00am– 11:45am BETH <u>Silver Sneakers</u>	12 <u>Coffee &amp; Conversations</u> Tv Lounge area 10am—11am
15 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	16 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	17 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	18 11:00am– 11:45am BETH <u>Silver Sneakers</u>	19 <u>Coffee &amp; Conversations</u> Tv Lounge area 10am—11am
20 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	21 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	22 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	23 11:00am– 11:45am BETH <u>Silver Sneakers</u>	24 <u>Coffee &amp; Conversations</u> Tv Lounge area 10am—11am
27 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	28 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	29 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	30 11:00am– 11:45am BETH <u>Silver Sneakers</u>	31 <u>BINGO NIGHT</u> 4pm—7pm



**SENIOR BINGO !!**  
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

