

Mon	Tue	Wed	Thu	Fri
			1 11:00am– 11:45am BETH <u>Silver Sneakers</u>	2 <u>Coffee & Conversations</u> Tv Lounge area 10am—11am
5 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	6 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	7 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	8 11:00am– 11:45am BETH <u>Silver Sneakers</u>	9 <u>Coffee & Conversations</u> Tv Lounge area 10am—11am
12 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	13 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	14 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	15 11:00am– 11:45am BETH <u>Silver Sneakers</u>	16 <u>Coffee & Conversations</u> Tv Lounge area 10am—11am
19 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	20 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	21 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	22 11:00am– 11:45am BETH <u>Silver Sneakers</u>	23 <u>Coffee & Conversations</u> Tv Lounge area 10am—11am
26 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	27 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	28 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	29 11:00am– 11:45am BETH <u>Silver Sneakers</u>	30 <u>BINGO NIGHT</u> 4pm—7pm



SENIOR BINGO !!
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 Chi-
ropractor Chelsey. Sign up
at the front desk.

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

