

Mon	Tue	Wed	Thu	Fri
2	3	4	5 11:00am– 11:45am BETH <u>Silver Sneakers</u>	6 <u>Coffee & Conversations</u> Tv Lounge area 10am—11am
9 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	10 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	11 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	12 11:00am– 11:45am BETH <u>Silver Sneakers</u>	13 <u>Coffee & Conversations</u> Tv Lounge area 10am—11am
16 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	17 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	18 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	19 11:00am– 11:45am BETH <u>Silver Sneakers</u>	20 <u>Coffee & Conversations</u> Tv Lounge area 10am—11am
23 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	24 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	25 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	26 11:00am– 11:45am BETH <u>Silver Sneakers</u>	27 <u>BINGO NIGHT</u> 4pm—7pm
30 11:00am– 11:45am GLENN <u>Silver Sneakers</u>				



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

