

<i>Monday</i>			<i>Tuesday</i>			<i>Wednesday</i>			<i>Thursday</i>			<i>Friday</i>					
Walking Group	9:00 AM	01	Wood Shop	9:00 AM	02	Friendship Circle	8:30 AM	03	Samba	9:00 AM	04	Walking Group	9:00 AM	05			
Ceramics	9:30 AM		Beginner Line Dancing	10:00 AM		Walking Group/Wood Shop	9:00 AM		Scrabble	9:30 AM		Ceramics	9:30 AM				
Strength & Flex	10:00 AM		Responsible AI	10:00 AM		Stronger Seniors	9:15 AM		Cardio Drumming	10:00 AM		Bingo	10:00 AM				
Light & Lively	11:00 AM		Advanced Line Dancing	11:00 AM		Blood Pressure Drop In	9:30 AM		Wii Bowling	10:00 AM		Strength & Flex	10:00 AM				
Lunch	12:00 PM		Lunch	12:00 PM		Strength & Flex	10/11:00 AM		Cornhole	11:00 AM		Light & Lively	11:00 AM				
Body Sculpt/Pinochle	12:30 PM		Mahjong	12:30 PM		Lunch	12:00 PM		Lunch	12:00 PM		Lunch	12:00 PM				
Music Circle	1:00 PM		Red Hats	1:00 PM		Body Sculpt/Social Bridge	12:30 PM		Dup. Bridge/Square Dance	12:30 PM		Setback	12:30 PM				
Light & Lively	1:20 PM		Watercolor & Oil	1:00 PM		Dominoes	12:45 PM		Quilting	1:00 PM		Advanced Tai Chi	12:30 PM				
Yoga	2:20/3:20 PM		Advanced Tai Chi	1:30 PM		Light & Lively	1:20 PM		Hand & Foot	1:00 PM		Cribbage	12:45 PM				
		Beginner Tai Chi	2:30 PM	Yoga	2:20/3:20 PM	Zumba Gold	2:30 PM	Beginner Tai Chi	1:30 PM								
Foot Care—By Appointment																	
Walking Group	9:00 AM	08	Wood Shop	9:00 AM	09	Friendship Circle	8:30 AM	10	Samba	9:00 AM	11	Walking Group	9:00 AM	12			
Ceramics	9:30 AM		Beginner Line Dancing	10:00 AM		Walking Group/Wood Shop	9:00 AM		Scrabble	9:30 AM		Ceramics	9:30 AM				
Strength & Flex	10:00 AM		Responsible AI	10:00 AM		Stronger Seniors	9:15 AM		Cardio Drumming	10:00 AM		Bingo	10:00 AM				
Light & Lively	11:00 AM		Therapy Dogs	10:30 AM		Blood Pressure Drop In	9:30 AM		Wii Bowling	10:00 AM		Strength & Flex	10:00 AM				
Lunch	12:00 PM		Advanced Line Dancing	11:00 AM		Strength & Flex	10:00/11:00 AM		Cornhole	11:00 AM		Light & Lively	11:00 AM				
Body Sculpt/Pinochle	12:30 PM		Lunch	12:00 PM		Newcomer's Meeting	11:00AM		Lunch	12:00 PM		Lunch	12:00 PM				
Music Circle	1:00 PM		Mahjong	12:30 PM		Lunch	12:00 PM		Duplicate Bridge/Square Dance	12:30 PM		Setback	12:30 PM				
Light & Lively	1:20 PM		Movie: Barbie	1:00 PM		Body Sculpt/Social Bridge	12:30 PM		Quilting	1:00 PM		Advanced Tai Chi	12:30 PM				
Yoga	2:20/3:20 PM		Water & Oil	1:00 PM		Dominoes	12:45 PM		Hiking Group	1:00 PM		Cribbage	12:45 PM				
		Advanced Tai Chi	1:30 PM	Light & Lively	1:20 PM	Hand & Foot	1:00 PM	Beginner Tai Chi	1:30 PM								
		Beginner Tai Chi	2:30 PM	Yoga	2:20/3:20 PM	Zumba Gold	2:30 PM										
File of Life—By Appointment																	
Walking Group	9:00 AM	15	Wood Shop	9:00 AM	16	Friendship Circle	8:30 AM	17	Samba	9:00 AM	18	Walking Group	9:00 AM	19			
Ceramics	9:30 AM		Responsible AI	10:00 AM		Walking Group/Wood Shop	9:00 AM		Scrabble	9:30 AM		Ceramics	9:30 AM				
Strength & Flex	10:00 AM		Beginner Line Dancing	10:00 AM		Stronger Seniors	9:15 AM		Fraud & Identity Theft	10:00 AM		Bingo	10:00 AM				
Light & Lively	11:00 AM		Book Group	10:30 AM		Blood Pressure Drop In	9:30 AM		Wii Bowling	10:00 AM		Strength & Flex	10:00 AM				
Lunch	12:00 PM		Advanced Line Dancing	11:00 AM		Strength & Flex	10/11:00 AM		Cornhole	11:00 AM		Light & Lively	11:00 AM				
Body Sculpt/Pinochle	12:30 PM		Lunch	12:00 PM		ECHN Diabetes April Session	10:00 AM		Lunch	12:00 PM		Lunch	12:00 PM				
Music Circle	1:00 PM		Mahjong	12:30 PM		Lunch	12:00 PM		Duplicate Bridge/Square Dance	12:30 PM		Setback	12:30 PM				
Light & Lively	1:20 PM		Watercolor & Oil	1:00 PM		Body Sculpt/Social Bridge	12:30 PM		Quilting	1:00 PM		Advanced Tai Chi	12:30 PM				
Yoga	2:20/3:20 PM		Advanced Tai Chi	1:30 PM		Dominoes	12:45 PM		Hand & Foot	1:00 PM		Cribbage	12:45 PM				
		Beginner Tai Chi	2:30 PM	Taking Medication as We Age	1:00 PM	Zumba Gold	2:30 PM	Beginner Tai Chi	1:30 PM								
				Light & Lively	1:20 PM												
				Yoga	2:20/3:20 PM												
Foot Care—By Appointment																	
Senior Golf Leagues Start		22	Wood Shop	9:00 AM	23	Friendship Circle	8:30 AM	24	Samba	9:00 AM	25	Walking Group	9:00 AM	26			
Walking Group	9:00 AM		Paint Class	9:30 AM		Walking Group/Wood Shop	9:00 AM		Scrabble	9:30 AM		Ceramics	9:30 AM				
Ceramics	9:30 AM		Responsible AI	10:00 AM		Stronger Seniors	9:15 AM		Cardio Drumming	10:00 AM		Bingo	10:00 AM				
Strength & Flex	10:00 AM		Beginner Line Dancing	10:00 AM		Blood Pressure Drop In	9:30 AM		Wii Bowling	10:00 AM		Strength & Flex	10:00 AM				
Light & Lively	11:00 AM		Therapy Dogs	10:30 AM		Strength & Flex	10/11:00 AM		Cornhole	11:00 AM		Light & Lively	11:00 AM				
Lunch	12:00 PM		Advanced Line Dancing	11:00 AM		Birthday Lunch	12:00 PM		Lunch	12:00 PM		Lunch	12:00 PM				
Body Sculpt/Pinochle	12:30 PM		Lunch	12:00 PM		Body Sculpt/Social Bridge	12:30 PM		Duplicate Bridge	12:30 PM		Setback	12:30 PM				
Music Circle	1:00 PM		Mahjong	12:30 PM		Dominoes	12:45 PM		Quilting	1:00 PM		Advanced Tai Chi	12:30 PM				
Biking Group	1:00 PM		Watercolor & Oil	1:00 PM		Light & Lively	1:20 PM		Hiking Group	1:00 PM		Cribbage	12:45 PM				
Light & Lively	1:20 PM	Advanced Tai Chi	1:30 PM	Yoga	2:20/3:20 PM	Hand & Foot	1:00 PM	Beginner Tai Chi	1:30 PM								
Yoga	2:20/3:20 PM	Beginner Tai Chi	2:30 PM			Zumba Gold	2:30 PM										
Podiatry—By Appointment																	
AARP Safe Driver Course	8:45 AM	29	Wood Shop	9:00 AM	30	Available every day:						<i>April 2024</i>					
Walking Group	9:00 AM		Responsible AI	10:00 AM		8:30 AM—4:15 PM											
Ceramics	9:30 AM		Beginner Line Dancing	10:00 AM		Billiards											
Strength & Flex	10:00 AM		Advanced Line Dancing	11:00 AM		Ping Pong											
Light & Lively	11:00 AM		Lunch	12:00 PM													
Lunch	12:00 PM		Mahjong	12:30 PM													
Body Sculpt/Pinochle	12:30 PM		Watercolor & Oil	1:00 PM													
Music Circle	1:00 PM		Advanced Tai Chi	1:30 PM													
Light & Lively	1:20 PM		Beginner Tai Chi	2:30 PM													
Yoga	2:20/3:20 PM																