

Monday

9:30 am - Exercise Class
11:30 am - Nutrition

Tuesday

10:00 am - Line Dancing
11:30 am - Nutrition

Wednesday

9:30 am - Exercise Class
11:30 am - Nutrition
1:00 - 2:45 pm - Bingo

Thursday

9:30 am - Healthy Loser
10:30 am - Chair Fusion
11:30 am - Nutrition

Friday

9:30 am - Exercise Class
10:30 am - Dance Fitness *(Video Led)*
11:30 am - Nutrition

DAILY *Activities*

**See monthly Activity Calendar for
special programs and events*

Afternoon Games

Available after 12 Noon

We provide the space, and you choose
the game! Bring a friend or join a group!

- Bridge
- Canasta
- Chess
- Mah-Jongg
- Rook
- Phase 10
- Train Dominos
- Kings Corners
- Rummikub
- Tuck
- Five Crowns
- Puzzles
- Quiddler
- Checkers

Computer Station

Need to get online?
Our four public computers are
available for your use, along with
tablets and other technology
accessories to help you stay
connected.

Exercise Area

**Please consult your doctor before
beginning any new exercise program
and use equipment at your own pace**

Stay active and keep moving with
access to our exercise equipment.
Registration and a signed waiver
must be on file before using any
exercise equipment.

Game Room

Looking for friendly competition?
Our game room is equipped with
billiards tables, darts, checkers, table
tennis, and an air hockey table.

Outdoor Games

Available upon request

Get outside and enjoy a game of
bocce, shuffleboard, cornhole,
horseshoes, or pétanque!