

REGULAR SCHEDULED EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 Walk Aerobics 9:45 Stretch & Tone 10:00 Clip and Save 10:00 Walking Club 10:45 Tai Chi 1:00 Art Class 1:15 Bingo for Bucks 1:00 - 3:00 Fitness Room Monitor	9:00 Haircuts 9:00 Pilates with Paula 10:00 Group Trivia 12:30 Members Council Meeting 12:30 Gourmet Weight Wise	9:00 Walk Aerobics 9:30 VNA Health Checks 9:45 Stretch & Tone 10:45 Tai Chi 12:30 Scrapbooking	9:15 Core Fitness 9:30 Sew and Chat 9:30 Woodcarving Class 10:15 Line Dancing 12:30 Cards 6:30 Cardio Dance	9:00 Walk Aerobics 9:45 Stretch & Tone 10:00 Bowling @ Earl Bowl 10:30 Tap Dancing	
	9:00 Walk Aerobics 9:45 Stretch & Tone 10:00 Clip and Save 10:00 Walking Club 10:45 Tai Chi 1:00 Art Class 1:15 Bingo for Bucks 1:00 - 3:00 Fitness Room Monitor	9:00 Haircuts 9:00 Pilates with Paula 10:00 Group Trivia 1:00 Medicare Advice-By Appt. 12:30 Gourmet Weight Wise	9:00 Walk Aerobics 9:45 Stretch & Tone 10:45 Tai Chi Credit Counseling-By Appt.	9:15 Core Fitness 9:30 Book Club 9:30 Sew and Chat 9:30 Woodcarving Class 10:15 Line Dancing 12:30 Cards 2:00 Coin Club 6:30 Cardio Dance	9:00 Walk Aerobics 9:45 Stretch & Tone 10:00 Bowling @ Earl Bowl 10:30 Tap Dancing	<p align="center">Bingo</p> <p align="center"><i>2nd Saturday of each month 1:00 PM to 4:00 PM \$20.00 per person admission Lunch available for purchase</i></p>
	9:00 Walk Aerobics 9:45 Stretch & Tone 10:00 Clip and Save 10:00 Walking Club 10:45 Tai Chi 1:00 Art Class 1:15 Bingo for Bucks 1:00 - 3:00 Fitness Room Monitor	9:00 Haircuts 9:00 Pilates with Paula 10:00 Group Trivia 12:30 Gourmet Weight Wise	9:00 Walk Aerobics 9:45 Stretch & Tone 10:45 Tai Chi	9:15 Core Fitness 9:30 Glucose Testing 9:30 Sew and Chat 9:30 Woodcarving Class 10:00 Creative Writing 10:15 Line Dancing 12:30 Cards 6:30 Cardio Dance	9:00 Walk Aerobics 9:45 Stretch & Tone 10:00 Bowling @ Earl Bowl 10:00 Legal Advice - By Appt. 10:30 Tap Dancing 2:00 Little Studies	
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