

# REGULAR SCHEDULED EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 Walk Aerobics 9:45 Stretch & Tone 10:00 Walking Club 10:45 Tai Chi 1:00 Art Class 1:00 Bingo for Bucks 1:00 - 3:00 Fitness Room Monitor	9:00 Haircuts 9:00 Pilates with Paula 10:00 Tuesday Trivia 12:30 Members Council Meeting 1:15 Cardio Salsa	9:00 Walk Aerobics 9:30 VNA Health Checks 9:45 Stretch & Tone 10:45 Tai Chi	9:00 Adv. Stretch & Tone 9:30 Sew and Chat 9:30 Woodcarving Class 10:15 Line Dancing 1:00 Gourmet Weight Wise 1:00 Billards and Cards	9:00 Walk Aerobics 9:45 Stretch & Tone 10:00 Bowling @ Earl Bowl	
	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 1:00 Bingo for Bucks 1:00 - 3:00 Fitness Room Monitor	9:00 Haircuts 9:00 Pilates with Paula 10:00 Tuesday Trivia 1:00 Medicare Advice-By Appt. 1:15 Cardio Salsa	9:00 Walk Aerobics 9:45 Stretch & Tone 10:45 Tai Chi	9:00 Adv. Stretch & Tone 9:30 Book Club 9:30 Sew and Chat 9:30 Woodcarving Class 10:15 Line Dancing 1:00 Gourmet Weight Wise 1:00 Billards and Cards 2:00 Coin Club	9:00 Walk Aerobics 9:45 Stretch & Tone 10:00 Bowling @ Earl Bowl	<b>Second Saturday of the month</b>  <b>Bingo</b>  <b>1:00PM to 4:00PM</b> <b>\$20.00/pp</b>  <b>Doors open at noon!</b>
	9:00 Walk Aerobics 9:45 Stretch & Tone 10:00 Walking Club 10:45 Tai Chi 1:00 Art Class 1:00 Bingo for Bucks 1:00 - 3:00 Fitness Room Monitor	9:00 Haircuts 9:00 Pilates with Paula 10:00 Tuesday Trivia 1:15 Cardio Salsa	9:00 Walk Aerobics 9:45 Stretch & Tone 10:45 Tai Chi	9:00 Adv. Stretch & Tone 9:00 Glucose Testing 9:30 Sew and Chat 9:30 Woodcarving Class 10:15 Line Dancing 1:00 Gourmet Weight Wise 1:00 Billiards and Cards 1:15 Creative Writing	9:00 Walk Aerobics 9:45 Stretch & Tone 10:00 Bowling @ Earl Bowl 10:00 Legal Advice - By Appt. 12:30 Craft Club 2:00 Little Studies	
	9:00 Walk Aerobics 9:45 Stretch & Tone 10:00 Walking Club 10:45 Tai Chi 1:00 Art Class 1:00 Bingo for Bucks 1:00 - 3:00 Fitness Room Monitor	9:00 Haircuts 9:00 Pilates with Paula 10:00 Tuesday Trivia 1:15 Cardio Salsa	9:00 Walk Aerobics 9:45 Stretch & Tone 10:45 Tai Chi	9:00 Adv. Stretch & Tone 9:30 Sew and Chat 9:30 Woodcarving Class 10:15 Line Dancing 1:00 Gourmet Weight Wise 1:00 Billiards and Cards	9:00 Walk Aerobics 9:45 Stretch & Tone 10:00 Bowling @ Earl Bowl	